



# Never Lose Him

SECRETS TO ATTRACTION & LASTING LOVE



NADINE PIAT

Healthy *Love* Expert

*I dedicate this book to all of the extraordinary women  
who would like learn powerful tools to; love, connect and  
relate with men with increased ease, passion and intimacy.  
For lasting love...for HEALTHY LOVE!*



HEALTHY YOU  
HEALTHY  
LOVE

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Nadine is a certified Professional Personal Coach and Behavioral Change Coach and she shares her knowledge, learning's, tips and advice as guidance only, we do not take responsibility for your life decisions. We encourage you to make informed decisions in your life and to seek professional support as necessary.

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# INDEX

<b>Foreword...</b>	6
<b>Part 1 - Preparing for Long-Lasting Love</b>	8
1. The Big Picture of Lasting-Love & Attraction	9
2. Love you long-time"... it's all about the L. I. P. S	12
3. Live the learning	28
4. When He "PULLS AWAY"?	32
5. When He Doesn't Do What You Want Him To Do!	40
6. He'll Step Up when YOU Step Up!	43
7. Is Your Broken Heart Standing In The Way Of Love?	48
8. Allow Your Emotions To Guide You Toward Intimacy!	51
9. Ouch, Rejection!	55
10. Cutting the TIES	58
11. A Mystical Path VERSUS Reality	61
12. Eradicate Guilt , Regret to Forgive	65
13. What Part Did You Play?	70
14. Fear of being hurt, AGAIN!	71
15. Who's looking? (self-worth)	75
16. Is your PAST robbing your PRESENT?	81
17. Notice what you are focussing on...and watch it expand!	85
18. Nurturing you!	88
19. Address your Needs & Live by your Values	91
20. Conscious Breath	97
<b>Part 2 - Understanding Attraction for Long-Lasting Love</b>	99
21. It's Your Time To Shine	100
22. Staying Sane and Standing Out In The Dating World	103
23. Too FUSSY for Love	105
24. Online Dating-The Next, Next, Next phenomenon	108

<b>25. Dating Manners</b>	110
<b>26. Sex Matters</b>	112
<b>27. What is Healthy LOVE?</b>	115
<b>28. Potential is not Reality!</b>	119
<b>29. Are you Selfish?</b>	121
<b>30. Personal Power VERSUS Power Playing</b>	124
<b>31. Going Nowhere Relationship</b>	128
<b>32. Personality Vs Character</b>	130
<b>33. Be mindful of Character</b>	133
<b>Part 3 - Keep Love and Attraction Alive</b>	135
<b>34. Vulnerability &amp; Humility is the Secret</b>	136
<b>35. FLAG-IT!</b>	139
<b>36. When you Change so does Everything else!</b>	141
<b>37. Right or Wrong?</b>	145
<b>38. Confrontation OR Communication?</b>	147
<b>39. Are you Really Listening?</b>	153
<b>40. 'Women VS Men</b>	155
<b>'Never Lose Him' in summary...</b>	157

## Foreword...

I wrote this eBook and the supporting products of the Never Lose Him Program to offer insight for women who would like to experience the magic of ‘healthy love’ in their lives. Love and attraction can be like a minefield. It can be daunting even to the most seasoned dater. Many of us don’t know where to step in and often feel as though the love we want is out of reach, like it’s never going to happen.

This program is perfect for you if you’d like to recover from a breakup, to increase your self-awareness and to learn skills to understand yourself and others more clearly, which is the key to lasting love. If you’d like less stress, anxiety and depression in your life, and more joy, fun and love, then this eBook is a powerful step towards awareness, change AND lasting attraction. Each of you has the ability to turn mediocre relationships into magical love. You also have the ability to turn around and skyrocket your attractiveness and allure in a way that becomes natural and authentic. All you need is to learn how to tap into this part of you.

As a Personal Coach, Mentor, Speaker, and Writer, I love to work with my clients to assist them in addressing whatever it is in their life that is not “going to plan”. The more people I can reach, the better. This eBook offers powerful and useful knowledge and information. Never Lose Him represents my passion for psychology and many years of research, study, reading and experience. This knowledge significantly improved my life and relationships, and I now share these tools and information with my clients and readers.

**Never Lose Him** is a compilation of some tried-and-tested life tools and philosophies that can help you have healthy and loving relationships. Even though Never Lose Him strongly focuses on romantic relationships—overcoming challenges, attraction, self-worth, breakup recovery, skyrocketing love, mending a broken heart, emotionally preparing for new love, and so on—there is plenty of other additional information and lessons provided that are transferable, meaning they are applicable to all relationships such as your family, friends, colleagues, business partner, etc.

I encourage you to read the chapters consecutively as most of the chapters flow on from each other. Also, as you read, you may want to highlight certain points and information that you might like to refer back to or explore later in more detail.

May you embrace all the lessons you learn and be open to new perspectives so that you, too, will be able to experience the joy of love from inside out FOREVER!

For more information about our services please visit our website or contact us via email:

<http://healthyyouhealthylove.com>

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May you put into practice all the wonderful tips and tools available to you in Never Lose Him!

What I am about to share with you is  
**VERY IMPORTANT**

The reason I have a solid amount of personal development content in my program is I would like to teach you how to Never Lose Him versus only learning enough to keep him interested for possibly another week or a month. Don't get me wrong, I am providing you with great tips to relate, date and transform your relationship starting today - BUT if I don't give you ALL of the necessary information, then I would be doing you a disservice.

I am an advocate for real change, for deep connection and great love. I believe that superficial dating and relationship information is HELPFUL, but it will only take you so far. I want to ease your confusion, insecurities and emotional turmoil for good – not band-aid it! This is why I have given you lots of extra information to help you create lasting love, attraction and intimacy.

This book is about *never losing him* and this program is going to help you do just that!

# Part 1

Preparing For Long-Lasting Love



## 1.

# The Big Picture of Lasting-Love & Attraction

*It's not about HOW you are when you first meet. It's about who you actually are or who you become.*

I would like to share with you that I completely and wholeheartedly understand the sheer pain and frustration that can arise during and after a relationship breakdown. I also know the hollow feeling of simply not having much luck with men, and feeling as though it's never your turn to meet someone, never your turn for love, the forever-after kind of love.

Feeling lonely, misunderstood, not cared for, and feeling as though things will never change can be a very *grey and gloomy* place, and a place many women know all too well (and men, too). Unfortunately, it is these feelings of anguish and despair that can work against us in our desire for special love. Sometimes, it feels as though nothing you do will ever bring the love you are looking for. It may appear that everyone else is finding love. Yet the days, weeks and even years pass by and you're still waiting.

What I do know is that things *do change* and I have seen thousands of women (and men) go from heartbroken, disillusioned and/or vowing never to love again, to being in a beautiful relationship with a devoted and adoring partner. If it can happen to them, then it can also happen to you!

Firstly, everyone wants to be loved. Everyone wants to connect and share his or her life with someone special. The problem is many people spend precious time trying to:

1. Make a relationship “**right**” that is never going to be.
2. They keep doing the **same thing** over and over again, hoping that the relationship will get better.

3. They wait for someone to come into their life to make them **feel whole** and better, believing it is only then they will be happy and content.
4. They are so **fearful of getting hurt**, so they block love and become emotionally paralyzed.
5. They hope that **love will just find them** without making an effort to meet potential partners.

These five mindsets are a recipe for relationship disasters or certainly a steady shift from connection to disconnection.

What tends to happen is too many people force love or try to turn a square into a circle or a triangle into hexagon. Love, intimacy, and compatibility don't work like that. When we're not **living from a place of love**, we tend to move through life from a place of **force and fear**. We then wonder why we're not attracting, not being loved or not feeling connected to our lover, spouse, partner, or even to our friends and family.

The golden key to love is often what people don't do. The key to love and attraction is a lot easier than you might think. When you replace fear and doubt with love, you'll then date and relate with others from a place of confidence and self-love. When this inner shift takes place, everything falls into place.

This eBook and supporting program is not about pretense. Pretense does not work in the area of real attraction and connection. When change doesn't take place at the core, it is only a matter of time before the cracks are revealed. The issue with most people is that they want things to just happen and are often not willing to put the effort into changing themselves in a way that brings everlasting relationships and connections. So if you want to '*Never Lose Him*,' then it's time to do things differently.

Think about someone who wants to lose weight. There are those who do it from a healthy, self-loving place. They change from the core and create a new healthy lifestyle. They learn to understand their bodies, their cravings and impulses. They are passionate and organic in the process. On the flipside, others take diet pills or have a gastric banding procedure. Some may even starve themselves, binge and purge. But what have they learned?

If they removed the gastric banding, stopped taking drugs, and began to eat again, what will happen? Will they get the outcome they hoped for? Most often, it's *not* the case. It's the same for love and attraction. Looking better and pretending to be confident does not create lasting love and attraction. Similarly, knowing how to flirt or be seductive does not, on its own, deliver lasting desire and love. This is why I have divided *Never Lose Him* into 3 Parts. Every part of this program is indispensable if you would like to manifest the outcomes you desire.

What I want is for you to meet the love of your life. Or maybe you have already met him and you would like to take the relationship to the next level. Or when you do meet a special man, you'd like him to notice you and create a loving and beautiful connection with you. What I also want for you is that you learn to see your beauty, learn to love in a way that stands the test of time, and move through your life in a way that is peaceful and nurturing.

I can assure you that if you apply what I share in the following three parts, you will certainly attract men like honey to a bee. The reason I know this is because, when I was younger, I was not the girl who men generally sought out at a party. I lacked confidence and I did not value myself in a way that created lasting attraction. Then one day things changed!

I finally learned that I was looking at myself and attraction from an ineffective and unhelpful viewpoint. I thought it was all about what I looked like, what I wore or who my friends were. I was so terribly focused on the exterior that I had missed the point. I had no idea that the heart of attraction is just that—your heart is the heart of love. If I didn't "dig" me, like me, understand me, and love me, then who would?

### **Here are some examples about attraction that I found interesting.**

A little while ago and on two separate occasions two male friends of mine made comments about some ladies.

On the first occasion, I was out with my friend who is about 8 years younger than me and quite a handsome young man. A rather pretty yet very made up girl walked past. She had her hair done perfectly. Her makeup was expertly applied and she was smartly dressed. I mentioned that she was attractive, but he said, "Even though she's attractive, I wouldn't even bother." I was surprised and I asked him why. He said, "She's trying so hard to be noticed. She looks as though she's too focused on what she looks like. I just know she'd be trouble."

The thing is, we never spoke to her and she may have been a lovely, easy going, well-balanced girl. But her energy and the way she presented herself made him think otherwise. Then, a couple of weeks later, I was exercising with a friend. A cute girl walked past us as we were doing some stretching. I said, "She's cute," to which he replied, "She looks like she'd be hard work."

Both of these women were attractive and also completely different looking. One was blonde and petite, the other was tall and brunette. One was made up to the hilt and the other was more natural. So men pick up on stuff that most women don't even think about or don't think men care about. Real attraction has much less to do with the physical than most women believe. Being physically attracted to someone does carry some weight, though only to a point. The good news is that it's the *rest of you* that's more important if you want to *Never Lose Him*.

This is a really powerful reminder—to be mindful of how much precious time, energy and money you spend on stuff that only matters to a point. So if the superficial is not *that* important, then what do men actually want? Coming up in the next chapters, I'm going to share with you what actually matters and how to be the woman that is a cut above, and leaps and bounds ahead of the rest, and has men wanting you and staying with you.



## 2

# “Love you long-time” . . . It’s all about the L. I. P. S

*Do you have the qualities men love and have them wanting  
more and more of you?*

This may sound strange at first, but committed love is all about the “lips”! At first, you might think that I’m referring to the way you kiss, or maybe a specific part of the female anatomy, but that’s not it! You may be wondering how on earth your *lips* could determine whether a man will love you for eternity, or just see you as someone to hang out with for now, with no plans to commit to you!

Honestly, with the amount of women getting their designer vaginas, you’d think that it was about the labia “lips.” And while I’m on this topic, what you may not realize is that most men do not care too much about what’s going on below the waist. They’re just happy to have a woman lying next to them, interested in them and naked. As long as you’re clean and tidy, then all is good and it’s all ON!

Unfortunately, this side topic is a perfect example of what women think they need to be like or look like, in order for men to want to be with them and love them. Too many women have been brainwashed and are turning themselves inside out trying to be sexier, and more wanted and desired, and in ways that men don’t value.

So, let’s get back to what really matters. We’ve established that this has nothing to do with your actual physical lips. Phew, what a relief, right!?! The L. I. P. S. I’m talking about are far less superficial. These “lips” are something that you can easily work on and develop!

My L. I. P. S. method is the first part of the ‘**Emotional Barrier Eliminator**’ process! When you follow this method and focus on living by these four steps, you will become a **love magnet** and give the kind of SIGNAL to a man that you’re a woman of high value. You will **attract amazing men**, and/or renew and **reignite interest and passion** with your current

partner. These four tips will naturally begin to break down the thoughts and behaviors that are blocking emotional connection.

Following I share with you the **four fundamental personalities and character traits** that all women can develop to experience committed and intimate love that LASTS.

**IMPORTANT** ⇒⇒⇒ The problem is that most women have only refined one to three of these four traits. If you've made the mistake of only focusing on a couple of these traits, you may be wondering why you're still on your own or still waiting for your guy to declare his undying love and devotion.

It's time to get excited! Because you CAN change it!

Too many women want a man to be attracted to them. They think that if he finds *her* attractive, then he'll be happy with her. Superficial attraction is the easy part. Lasting attraction and commitment is easy, too. That is, once you understand what real attraction actually is.

If you want a wonderful man to love you in the way you desire, to stay with you through thick and thin, and to see you as a life partner, then pay attention and follow these **four foolproof traits**. The rest of the program will help you embrace and embody these four key aspects that will see your love life turn around for the better and for good!

### Let's break it down:

L. I. P. S.	
<b>L</b>	Likeable & Loyal
<b>I</b>	Interested & Independent
<b>P</b>	Pleasure & Play
<b>S</b>	Sexy & Sassy

**L** = Likeable & Loyal

**likable** |<sup>l</sup> ˈlɪkəbəl | (also **likeable**)

adjective

(esp. of a person) pleasant, friendly, and easy to like.

**loyal** |<sup>l</sup> loɪəl|

adjective

giving or showing firm and constant support or allegiance to a person or institution

To have a wonderful man completely devoted to you, it's important to hone your 'Likeable and Loyal' traits!

People are settling down at a later age, and as we get older, we learn from our past. Over time, we begin to really know what we do and don't like. This does not mean that people who are older always make the best life-partner choices. The older people get, the wiser and sometimes more wary they become. Sometimes the older we get the more jaded we become. Other times the older we get the healthier and more realistic we become about love.

Regardless of where you are on your journey to love, if you want to *Never Lose Him*, then you must have the "right" ingredients in your mix. If you're under the age of thirty, then this information will set you up for life and assist you to make great love and relationship decisions early on. Though no matter your age, this knowledge will give you the tools to evolve and fine-tune the most powerful personal traits you can have, the kind of traits that make you irresistible to the best men.

This whole program is about looking at yourself to the core. I would never want you to pretend to be someone that you aren't, because a man can sniff out a woman who's inauthentic, bitter, or unkind. He will hold back. Of course, he may not be able to articulate what it is that's holding him back. Regardless, he will keep an emotional and even physical distance from you, because he'll have a sense that something isn't adding up.

If you suffer from any bitterness and tend to be self-absorbed or even aggressive, a man won't feel comfortable and safe with you. Just like a woman who's around a critical or jaded man, or a man with a chip on his shoulder, or a man who doesn't treat you or people in general well - you might persevere, you might stay with him, although you may never feel at ease with him. It's the same thing for men. He either won't want to hang around for long, he won't emotionally commit to you, and/or there'll be an imminent expiry date on the horizons.

A man who stays with a woman like this will have his own set of issues. In some strange way, they like being with a troubled woman. These kinds of relationships are never healthy or emotionally intimate. A highly-charged connection may be passionate, although it will be passionate in a destructive way. In a love/hate relationship, where there is a lot of emotional or even physical "push and pull," the connection actually presents as an unhealthy addiction. GOOD Men, men of good character and men with some emotional intelligence will not commit to an unkind or distorted woman; certainly not men who are looking for a special love, the kind of love you are looking for!

Men want to commit to somebody who they like being around, **someone who is the same person on the outside as the inside**. Too many women pretend to be something they are

not and then, slowly, the façade crumbles and he's got someone comparatively different in his hands. He wants to be with the woman he met, **so you need to be this person**, not be someone you're not. A healthy man wants his life with you to be smooth and pleasurable. He doesn't want to be waiting to trigger the next landmine!

When you are a woman of great character *to your core*, you are kind, considerate, respectful and loyal. You communicate your needs with clarity, and you are a woman who lives in a way that supports and honors what she believes in. She lives her life in truth. She's not a contradiction and she is who she says she is. (I share more about this in the upcoming chapters.)

So what does it mean to be **likeable and loyal**? I have prepared some tips to help you identify what you're doing well and maybe not so well...

### Here are some 'Likeable & Loyal' tips:

- 1. Kindness** - Treat ALL people with respect and kindness – waiters, valets, his friends, family, colleagues, his children, and even his ex-partners. No one else is better than you or less than you. If it does not come naturally to you to be civil, amicable, pleasant, and kind to all people, then you must ask yourself: What am I trying to achieve by being dismissive, rude or unpleasant to this person? Live from a place of love, not fear. There is nothing more off-putting than unnecessary ego talk. If you were out on a date with a guy and he was rude to the waitress, or was off-hand or cold to your friends, or making put-down remarks about people, the red-flag would surely be getting my attention!
- 2. Keep Things Private** - Men do not like it when they are spoken about to your girlfriends. They like it when aspects of your relationship are kept private. This doesn't mean you cannot talk about him to your girlfriends at all, although women have a propensity to expose even the most delicate and sensitive topics to one another. Most often, a good man wants to work things out with you, not the whole female brigade.
- 3. Loyalty, Trust, Respect** - A woman who is loyal to her man is a woman who respects her man and he trusts that you care and will listen to him. This doesn't mean you agree with him at all times, although it's clear that you *are allies* not adversaries. It also means that you are loyal to yourself and respect you first and foremost, and you live in a way that supports your morals or ethical guidelines. You are a woman of integrity and have nice solid yet graceful boundaries.
- 4. No Whining** - Don't bitch and moan about other women, your life or people in general. Men do not like women who unnecessarily put other people down or see everything as a catastrophe. You have better things to do with your time and energy. Again, if you live from a **place of love**, you **won't** have an issue with this. Of course, if something very challenging is happening in your life with family, friends or at work, or something within the relationship is troubling you, this should be shared with your partner. I am more specifically referring to those of you who find yourselves overly dramatic. EVERYTHING is an issue and you come across as a victim. Choose your battles wisely and choose carefully what you give your energy to. Insecurities and fears bring up lots of emotions and behaviors. To authentically break the cycle, it may be time to look a little deeper and discover new ways to deal with the need to see everything as an issue. (More

coming up about this.)

5. **Jealousy**- Jealousy is a sure way to scare off a healthy-minded man and a sure-fire way to create great emotional distance. Men do not want to feel as though they're on the lookout for your emotional, insecure firestorm. They are looking for a comfortable stable connection and a place they can call home. No man or woman wants to be around someone who is insecure and unnecessarily jealous. These are examples of behaviors of insecure and excessively jealous woman: telling her man he cannot talk to other women at a party; not saying anything, but watching him and seething as he talks to other women; causing a scene by accusing him of flirting; believing that he likes someone else; and confronting women who are simply talking to her man. If you are doing any of these things, then you must change this. Why would a healthy loving man commit to that? A woman who believes in herself and the man in her life will have no good reason to bring out the green-eyed monster. If your man is consistently flirty and you have a GOOD reason to suspect that he is cheating or his intentions are less than admirable, then behaving like a crazy woman will not change it. You will have more success addressing this in a constructive fashion or you might be better off leaving the relationship. Someone who is super jealous will believe that what they see or feel is true for them and may find it next to impossible to tell the difference between a man being sociable versus a man whose behavior is questionable and a RED-FLAG or deal breaker material. I suggest you get some professional help with this. **Love and commitment cannot thrive when jealousy prevails instead of trust and love.**
6. **No Games** - A man wants a woman who doesn't play games. Men like women who are clear and respectful in the way they communicate. This means speaking from the heart, not blaming their partner, wanting to understand each other versus needing to be right. A woman with humility is a woman to hold on to. (More coming up on this.)
7. **Emotional Maturity** – *Relationship Ready Men* are not looking for a supermodel; they are looking for emotional maturity, personal responsibility and ownership. This does not mean you don't have feelings. It's how you express these feelings (as per the point above). To attract a wonderful man and have a long-term relationship, learn to understand your emotions and learn ways to express them clearly, productively, and from the heart. Leave anger and criticism at the door. You don't like it; nor does he. Constructive communication is paramount to relationship longevity.
8. **Acknowledgement and Appreciation** - Men love to be acknowledged, complimented and praised for their efforts. Too many women EXPECT men to be so many things, and sometimes offer little in return. Sex is not the way to acknowledge a man. (It will only work for so long.) Openly thanking him for dinner and telling him you had a lovely time goes a long way. Tell him how much you appreciate him helping you hang up your paintings or making you dinner. Thank him for listening. Let him know what you like about him. This is powerful when dating and in a relationship. (Be mindful that you don't overdo it or it will come across as forced, needy and false.) And when you compliment someone, don't expect compliments in return. The compliments are to acknowledge him, not for you to get more attention.
9. **Acceptance** - Don't try to change him and make him someone he's not or turn him into a boy version of you. If you don't like the way he is at least 80% of the time, then maybe you need to question if he's the man for you. (Of course, the 20% that you don't like SHOULD NOT be deal breakers.)

**10. Authentically Likeable From The Inside** - Focus on cultivating the inner you. If your behavior does not match what you say or you feel and you know it's not helping you in life and love, then do something about it. Learn to like you and be the best you can be. Men will love you because you love you, too!

## I = Interested & Independent

**in. ter. est. ed** |<sup>1</sup>int(ə)ristid; |<sup>1</sup>intə<sub>1</sub>restid|

adjective

**1** showing curiosity or concern about something or someone; having a feeling of interest

**2** [ attrib. ] having an interest or involvement; not impartial or disinterested

**in. de. pend. ent** |<sub>1</sub>ində<sup>1</sup>pendənt|

adjective

**1** free from outside control; not depending on another's authority

**2** not depending on another for livelihood or subsistence

There is a fine line between being **interested versus overbearing** with your partner as well as being **independent versus absent**. If you would like your guy to want you in his life and stay in his life then it's essential to get on top of the two 'I's' in L. I. P. S.

A man who would like love in his life desires to spend quality time with the woman he cares about. At the same time, he doesn't want to feel caged in and expected to be your fulltime amusement.

A lot of men don't want to lose their freedom, so don't give him reason to feel like he needs to get away from you. Instead, be a woman who values spending time with her guy while also giving him space, and herself space. Trust me, if you're honest with yourself, you need your freedom, too. Freedom is not just something a man needs.

Of course there are men who will feel caged in by almost any woman, even by an independent woman. These men are not the men for you. Men like this will most likely have an aversion to intimacy and a fear of vulnerability. They will be emotionally draining and you'll most likely feel anxious around them most of the time and in a way that transcends your general nervousness or lack of confidence. These men can be quite charming, making them a tricky and confusing breed. Confusing and conflicting behaviors are a red-flag (more about this later).

In a nutshell, men like to feel wanted and needed and to feel like they are contributing. They love encouragement, but at the same time, they don't like to feel smothered as though your happiness is in their hands. He wants you to prioritize the relationship and also prioritize other things in your life. He wants to know what you like and don't like. He does not want a doormat. He wants a loving and grounded woman in his life—a lover, a friend, a confidant, a woman who understands him and a woman who understands herself.

As a woman, you would withdraw or run a mile if you felt that a man relied on you to feel good about himself or that he needed you to feel confident. Sure, you may stay with the guy because you do like him and/or don't want to hurt him. But you'll feel trapped and somewhat uncertain what to do, and he will feel it. Men are no different.

Men want to know that they make you feel good; you *do not* need them to feel good. Needy women push men away. Never chase a man. Making the first move is not an issue. Some men are shy and uncertain if you like them, so making a move is fine. However, continuing to make all the moves tends to backfire on you, and men tend to scramble. Right or wrong, good or bad, fair or unfair, it is how it is. I have dated a lot over the years and gotten to understand men and their behaviors. Men like to feel as though they have put in some effort to win you over. You can call it "the thrill of the chase." Essentially, men like to feel as though they've earned the right to be with you. This is not a game. In its simplest form, **this is you taking your time to get to know him.**

You'll often hear people say that women should be "mysterious", to never be too available, to not return his calls for many hours or days. With that kind of advice, you will normally attract emotionally unavailable men or men who do play games. Men who like you and want real love will be confused and may think you're not interested.

My advice is to encourage him by calling him back in reasonable time. Be available if you are available, and at the same time, be mindful that you're also giving yourself and him the space to come forward. A man who's interested in a relationship and interested in you will make an effort. It will be clear that he wants to spend time with you. It will never feel like you have to play a game or overthink what to do. Be you, be great, and don't rush it. Everyone moves at a different pace. **Look for consistency.**

Honestly, the men that I felt like I was always waiting for or pining for never ended up being good partners (at that time or ever). They were either not that interested, super insecure, or wanting a doormat. Often, the timing was terrible, they were emotionally caught up with someone else, or juggling multiple women. They were either confused or confusing. When something doesn't flow, it's not flowing for a reason.

Sometimes, it could be something you're doing. Other times, it wouldn't matter how amazing you are, the guy will still not be in a good place for a relationship. *Never Lose Him* will assist you to work all of this out!

**Take Note:** When you meet a guy you really like, it's easy to get excited and nervous, and it's only natural that you would want to make a good impression. However, this can have you overanalyzing and waiting on tenterhooks for the guy to call.

You want him to want you just as much as you do him. Remember that you have a life and you do NOT know him yet. You are simply ATTRACTED to him. When you have just met

someone, how do you know if he has the traits necessary to make a relationship successful? Relax and take your time. It's important to not get attached or fantasize about a stranger.

Most importantly, when a woman has her own interests, it allows the woman to look after herself and to feel fulfilled in other ways. Being in a loving relationship may be important to you, although it's not the only part of your life that's important.

When you approach dating and a relationship from this angle, the bonus is, this keeps men interested. He'll want to spend time with you because you're not giving up everything to be with him. Yes, you may change plans to be with him on occasion, but you maintain your interests too. Remember, it's never a game. This is about living a full life, and I share more about this in the upcoming chapters.

### Here are some **'Interested & Independent'** tips:

- 1. Space** - Give men space to do their own thing and don't wait until he's hinting or making it clear he wants some space. Trying to spend every waking moment with your man is not going to make him want you more. If fear is driving you to be by his side all the time, he'll then feel controlled and confined. He's most likely going to want to get away from you and get some "space." Don't personalize this, just make sure you take time for you, and then it will be easy (NO GAMES; authenticity is important), which leads me to...
- 2. Too Independent?** – This point is really important!!! Could you possibly be too independent? Maybe you think that if the guy thinks that you're fine without him, then he will want you more. Or maybe you don't actually realize how independent you come across and how this can affect attraction? Being independent is a wonderful trait to have. However, make sure you still give out the vibe that a great man in your life is wonderful and important to you. You see, men like to feel needed, to be of service, and to feel manly. And you can do this in the simplest and most beautiful of ways. Allow him to carry a bag or box for you, open the door for you, or fix something for you. Ask him for his opinion and appreciate his help. You might be capable to do all of these things yourself, but wouldn't it make your life a little easier or even nicer if your guy helped you a little? Would it kill you to let him assist you from time to time? And when he does assist and support you, thank him with either a verbal thank you, a big smile, a hug, or a kiss. Tell him he's the best or that he's adorable! Let him be your hero, your supporter, your man!
- 3. Nurture You** – As mentioned above, men LOVE women who have their own life and interests, so don't throw them out the window when you become involved. Remember to keep your own interests alive and treat yourself with love, which means having a life outside of the relationship, too. Do it with grace, not to control or to make him want you more. This is about you and the big picture of you and the relationship. When women lose themselves in a relationship, they tend to put pressure on men to fill the space (*see chapter, 'Nurturing You'*).
- 4. Be Clear About What You Want** - If you act like you don't care or pretend that a relationship is not a priority or say that you're not interested in getting married and having a family (and saying this just to seem aloof or to not sound desperate), then a man who's looking for intimacy and love will think that you're

either not interested, that you want different things, or you're emotionally unavailable. The guy you are dating or having a relationship with may or may not be your life-partner. However, it's fine to say that, one day, you'd like to get married and have a family. If he doesn't see that as part of his future, then the sooner you know, the better, and the SOONER you can be with a man who does. Remember, if you've only been together for a short period of time, don't say it in a way that would make him think he's "the one." Say it in a general context.

5. **Avoid The Need For Validation** - Do not ask a man if he loves you or how much he likes you or constantly seek compliments! A man who has a decent level of confidence and emotional maturity will tell you how he feels. Early on, you can feel love towards someone quite quickly. Only time will reveal if it was all lust or if what you have with this person is "healthy," compatible love. Even if you've been with someone for a while, constantly asking a man if he loves you and searching for compliments will have men backing away. Some men are verbally expressive and some aren't so much. Notice his behavior and the way he treats you. This will be a more helpful indicator of how he really feels for you. Just because someone tells you they love you does not mean they will treat you with love. If he doesn't express how he feels AT ALL, he may have some emotional issues/fears or he may not have long-term feelings for you. Also, avoid seeking other forms of compliments and attention. Asking a guy if your butt is too big or if it looks okay in your jeans is mostly pointless. Firstly, most men **are not** going to tell you that you look terrible (even if you don't look your best). Secondly, they don't like it. It bores the heck out of them and you'll come across as insecure. Don't be the girl that whines about her body and how she looks. Be the girl who '*likes her LOT*'. And don't bring attention to your less preferred feature. Often people won't consciously notice these things until you mention them. Focus on your strengths. Instead of complaining about what you don't like, start working on getting over your insecurities. And if you are overweight or you could make an effort to look after yourself better, then do that! Eat better and exercise! Don't seek validation for something you know you would benefit by working on. This book is a lot about self-love – so start self-loving!!! And if you're 5ft 4 inches and 120 pounds and complaining about your weight, I suggest you see a therapist.
6. **Listen** – Communicating and actively listening is critical for increased intimacy. Often, people don't feel heard, so give him the "floor" to share his opinions, perspectives and feelings. Also, be interested in his hobbies, work, and his family. It's not that you need to spend hours talking about it. It's just nice to ask questions and to LISTEN. People in general are not great listeners so connect and listen to him. On the other hand, for those of you who are closed and withdrawn, you might need to start sharing more than you do. You may already be good at asking questions and listening. Right now would be a good time to step out of your shell! For those of you who are overly verbose, then listening more will benefit you greatly. I also suggest you address your *need* to be heard. Practice sharing more or talking less depending on where you fall on the spectrum. You can do this with your friends, colleagues or family. People like to share and also talk about themselves. Don't hijack the conversation (*see chapter, 'Are You Really Listening'*).
7. **Enjoy Spending Quality & Fun Times Together** – This point relates to 'P', the next important trait in the L. I. P. S. method. Making plans together is great fun and should never feel like a chore. If someone avoids spending time with you and is noncommittal, then I suggest you have a good look at these 4 essential lasting love and attraction traits. Perhaps you've let one slide a little (or a lot).

## P= Pleasure & Play

### **pleasure** |<sup>l</sup> plezhər|

noun

a feeling of happy satisfaction and enjoyment

- enjoyment and entertainment, contrasted with things done out of necessity
- an event or activity from which one derives sensual gratification

### **play** |plā|

verb

1 engage in activity for enjoyment and recreation rather than a serious or practical purpose

Men love women who make them feel young and alive, and they also love women who are youthful. I'm not talking about physical youth. I'm referring to a woman's spirit—her energy and vibe.

You can be 13 years of age and have the spirit of a 70-year-old, carrying the weight of the world on your shoulders and lacking play and vibrancy. Or you can be 60 and largely unaffected by life, free of major stress and worry, and living life from a loving and peaceful place.

Playful and fun women are the kind of women whom men want to be around, a woman who dances with life as opposed to a woman who gets caught up and dragged down by life.

This does not mean you don't have feelings or that life hasn't thrown you a good dose of challenges. That's unrealistic. A woman who embraces pleasure and play will more graciously move through life and not allow life events to define her and keep her down for long. She will be enjoyable to be around and solid to the core.

What does this have to do with lasting love and commitment or even the early stages of dating? If he doesn't feel good around you, then he won't want to be around you. As always, it works both ways! He wants to spend time with you because you add something to his life that his mates, colleagues and family cannot. Adding vibrancy, energy, affection and lightness will not only create fun, it builds connection. I'm not talking about being 24/7 touchy-feely or being an entertainer or comedian.

What kind of person do you want to spend your time with? A man who's generally solid and comfortable in his own skin, who shines from the inside and out, or a man who's moody,

lacking enthusiasm for life and often whines about anything and everything? I know the man I want to be around and I'm sure you do, too!

Being authentically playful and fun comes from the core. A person with unresolved issues will find it difficult to maintain this way of being without doing some inner work. If you want to experience healthy and fun love, then the love you are seeking must come from the inner you. Your journey to love, play and connection is not possible when it's not part of you. Of course, others can inspire us and help us to find our playfulness. However, if you want to dance with life and have laughter every day, then it's still got to come from you.

So the question is, do you bring pain or pleasure into a man life? In fact, an even better question is, do you bring pleasure and play into your own life? Being fun and playful is distinctly different from "game-playing"!

On the flip-side, does the man you like bring play and pleasure into your life? You can work on being the best you can be. But if he's not matching you and is not actively working on being the best man he can be, then I suggest you ask yourself if he's the kind of man you're interested in being with.

**(NOTE:** Emotional games do not create a feeling of safety and will not allow real intimacy to develop. *(See chapter, 'Personal Power versus Power Playing')*)

Here's an example: A long time ago, I dated a man for about 6 weeks. Even though we did some fun things together, he would often complain to me. He would grumble about his work, boss, ex-girlfriend, ex-wife, money, and about being a single parent — basically everything.

He did not ask me about my life. When I did try and share something about me, he would invariably turn the conversation back to him. In addition to that, I also felt that he was lying to me. I had this hunch that he was not being transparent with me or even honest to himself about the breakdown of his marriage and other things. So even though there were things I liked about him, I knew that he was a downer. He was draining me. He needed a coach, not a girlfriend, so I ended it.

A few weeks later, I found out that while we were spending time together, he *was* in fact lying to me. You see, before things ended, he had asked me to go to a local fair with him and his daughter. Because I was unsure about how I felt about him, I decided that I shouldn't meet his daughter yet. I declined the offer. A friend of mine happened to see him at the fair and shared with me that he was with another woman and his child. By the time she told me this, I had already ended it, but the fact remained that my hunch was spot on—he WAS with his ex-girlfriend, the one who he told me was emotionally unwell, and the woman whom he would never be compatible with.

Funny enough, about 12 months later, he contacted me to coach him as he said that I knew his lies and what he was like, and no one else would be able to help him like I could. Interesting. The lesson here is this: not only do you need to pay attention to who you are and how you show up in the world; you must also pay attention to the kind of man you're investing time in.

In addition, men also like to know that they too make you happy and feel good. And much like my story above, if you're always complaining about him, your past, your work, and your family, he'll then see you as "hard work" and withdraw from you (just like I did with the guy I was seeing). If you see him as draining and difficult, he may not be adding much pleasure and play into your life either! REMEMBER, it works both ways!

You do not want to be a man's therapist, nor does he want to be yours. You want a healthy relationship. Sure, we do go through difficult times in life, and it's nice to have the support of a partner. But still, make sure that you're not the fixer or someone needing a fixer. These relationships are rarely healthy. The only time they work is when both people are willing to break old patterns and grow together.

Relationships are **not** supposed to be difficult! When two people want the same thing and are emotionally aware they'll be able to work together, the relationship will be relatively easy.

## Here are my top 5 Pleasure & Play tips for you:

### Here are some ‘Pleasure & Play’ tips:

1. **Be Present** - Living too much in the past or focusing on the future can be an issue. If you often feel flat or anxious, you’re most likely not living in the now and being present with your man. You’re either living in the past or in the future. How can you enjoy yourself when you’re worried if he likes you, wondering if you have a future, wondering if he’s like the guys you’ve dated in the past? Stop thinking and start being--being with him.
2. **Get off your bottom** - Sitting on the couch, never wanting to do anything fun will not inspire a man, other than a fellow couch potato. Be inspiring. If you’re single, you never know who you’ll meet when you’re out and about meeting people.
3. **Try new things** - Be interested in life. Do fun stuff together. Be interested in some of his hobbies and try to introduce him to your interests too. Be open to trying new things like hiking, kayaking, new food, etc.
4. **Humor** – Being humorous and funny is great for a relationship. Using humor can also turn an uncomfortable situation into a comfortable one. However, there is such thing as overdoing humor. Sometimes humor can be used by people to avoid communicating on a deeper level. Be careful not to use humor to hide. In addition, being sarcastic is invariably a putdown. If you start being sarcastic, then the other person can take things personally, can see it as off-putting, or start giving it back - this can end up being a battle of the egos. A little bit of gentle sarcasm is acceptable to a point. Try to be funny and playful in ways that promotes connection, not an iron fist in a velvet glove approach. If you catch yourself being sarcastic, I would suggest that maybe you’re fearful to express yourself clearly or you have low self-worth (more than you realize). Develop *clean* humor. It will take you much further!
5. **Cute messages/little surprises**– Who doesn’t love surprises and sweet unexpected gestures of kindness and affection? Before your partner leaves for work, place a sneaky and sexy message on the steering wheel of his car, or put a Post-It in his wallet, or on his transport card, somewhere you know he’ll see it. You could write something like; “Tonight is your night, baby” 😊... or, “I have a surprise for you later” or “Thank you for listening to me last night” or “You’re the best!” or “Geez, you’re sexy.” These kinds of messages are unexpected, and he’ll love it. The surprise does not have to be sexual. It could be anything - a thank you or something tantalizing. Of course, you can also buy him a gift or a treat – nothing expensive, just something he likes.

## S = Sexy & Sassy

**Sex.** y |<sup>1</sup> seksē|

adjective

sexually attractive or exciting

• informal exciting; appealing

**sas.** sy |<sup>1</sup> sasē|

adjective

informal lively, bold, and full of spirit; cheeky

There is a very good reason why ‘Sexy & Sassy’ is the last point in the L. I. P. S. Method. But why?

Because a lot of woman feel “less than” or less attractive and desirable as a direct response to how attractive they believe they are. If you don’t think that you’re the perfect reflection of what you think is sexy or what they think men find attractive, then you’ll never feel sexy and sassy. Conversely, some women think that looking sexy and being seductive is going to get a man to commit. It’s no wonder their guy is not committing or their past relationships have not worked out.

As I wrote earlier in this chapter, too many women spend far too much time trying to look “right” – the right clothes, shoes, makeup, tan, eyelashes, hair, the right pout, smile, facial expressions, etc. Some women discount themselves, don’t make an effort to look after themselves, or are riddled with insecurity, because they don’t believe that they’ll ever be sexy to a man.

On the flipside, there are plenty of women, who at first glance, appear sexy and sassy. But soon after meeting them, you know that they’ve spent so much time trying to perfect the outside that they’ve sidestepped cultivating the *core* of sexiness and attraction. This is why this point comes last in the LIPS Method...

Superficial sexiness will get a man attracted to you on a *superficial* level, while core desire and lasting affection cannot manifest without the 3 other points.

So you either want to be a woman for a ‘good-time’ or a ‘long-time.’ What **SIGNALS** are you giving out?

A man can find you physically attractive and appreciate a well-put together woman, however, your looks alone are not going to get him to commit to you. Don’t get me wrong here, we all want to feel and look attractive to our partner, but a woman who meets a man and keeps a man is a woman whose sexiness and sassiness transcends the physical...

The physical is simply the icing on the cake. The main part of the cake is what a man is going to want to keep eating. The icing can be sickeningly-sweet on its own. The rest of the cake is what's most important. The base of the cake is the foundation of lasting love. The icing and decorations are the bonuses. They are not the essentials.

Here is another way of looking at. Do you want to be moreish? The definition of moreish is related to food and drink, "Causing one to want to have more." Have you had that "moreish feeling" when you've eaten something that tastes really good, though not in a way that makes you feel sick quickly, and you want MORE OF IT?

Something that tastes moreish is not overpowering. You just want to keep eating it, because it so damn delicious. Crisps and Thai food does this to me! A moreish person is the same. You never get sick of them. They always taste good and you want MORE of them.

A sexy and sassy woman is confident, and at the same time, she's also down to earth and solid in herself and her life. A sexy and sassy woman has all the right ingredients in her cake. She knows that there are many types of lovely cakes in the world and people like different cakes. She's beautiful in her unique way, and she also has all of the essential ingredients that make a woman phenomenal, right to the heart, to the bone, to the core.

This glorious woman does not wait for a man to be the "cake" in her life. She *is* the cake and the icing, the complete package! (*See the chapter on 'Personality versus Character'*)

When you're comfortable in your own skin, you don't need to force or prove anything. You sparkle from the inside out. You're open, yet a little mysterious. You're sassy enough to handle yourself in any situation. You can hold your own. Of course, you are likeable and loyal, too, because you know that initial and lasting appeal comes from within.

To be truly sexy and desirable, all of the 'L. I. P. S.' traits must be nurtured and refined. If you want to send out the kind of SIGNAL that alerts a man that you're the type of woman who's able to love and be loved, then the L.I.P.S. method will do this. There is no question, ifs or buts!

If you want to be sexy and sassy, then spend time developing and improving the parts of you that need some tender-loving-care. A sexy and savvy woman knows that she doesn't need a man in her life; instead you **would like to have a wonderful man in your life.**

You are encouraging, yet not forceful, in the way you relate with men. You know that you're valuable and desirable and any man would be lucky to have you. You know how you like to be treated and you have clear boundaries.

**Let's have a good look at what you've got going on in the sexy and sassy department:**

Here are some ‘**Sexy & Sassy**’ tips:

1. **Don't confuse sex for sexiness**-You do not need to use sex to make a man fall in love with you. Men want sex (and so do women). However, **true sexiness and attraction** do not start with sex, so don't lead with it. You want a man to want YOU, not just your sexual appeal. There is a difference. There is something very sexy about a woman who doesn't try too hard to be sexy. The COMPLETE person is sexy, which is activated by nurturing your L.I.P.S. traits.
2. **Look after you** - Being sexy involves looking after yourself--valuing your body and health and taking pride in the inner and outer you. This does not mean you're a glamour kitty. It means that you dress in a way that works for you and your body. You might be dressed simply with little fuss, yet you know what works for you. A sexy woman does not need to reveal all to get attention; just a little bit is enough. A healthy woman is sexy, someone who listens to her body and keeps fit. It doesn't matter whether you're curvy or slim. The question is, how well do you look after yourself? Are you moderate or obsessive? Are you doing nothing, something or too much? If you know that you get stressed-out, anxious and sometimes depressed, then look after your emotional health. See someone about it. A woman who knows herself is sassy, and this means she'll understand her man better, too. Start listening and honoring every part of you. This is what being attractive and sexy is all about.
3. **Deserving**- Long-lasting sexiness starts from within. A sexy and savvy woman knows that she has something to offer and knows that she's a wonderful woman. She believes in herself. You know you're deserving of love, and your energy and behavior confirms this. If you don't believe you are deserving or worthy of love, then start working on this. This alone will greatly influence your organic sexiness.
4. **Relaxed in your body** - A sexy woman is relaxed in her body. She can laugh at herself and move with ease through life. She's pretty comfortable in her own skin.
5. **Sparkly** - Smile, smile and smile! Men love women who smile and also women who laugh (especially at their jokes). If you're generally not happy, often feeling down about life, then maybe it's time to speak to someone as per the above point. As I have said, *Never Lose Him* is not about pretense. This is about *you* being the kind of person that you'd like to date or commit to. A sexy woman can laugh at herself, too. She smiles and stands tall and oozes a sense of ease. Even when she makes a mistake, she is graceful and deals with life with an inner poise.
6. **Humility** - She knows she's not perfect or infallible. She knows her strengths and her weaknesses. She can admit when she makes a mistake and is willing to identify what she needs to work on. She admires and values these traits in others. Humility and vulnerability are sexy!
7. **Healed from the past**- A sexy woman has taken time to face her fears and her pain. She likes men. If you don't like men or you think that all men are going to hurt you, men will sense it. A sexy woman treats men like human beings, not like some weird foreign species. She knows that not all men are the same. Men are no different from women. Some are lovely, kind, warm, and considerate, but some are not. It's not so much about gender. It has more to do with the individual person. So treat your date or partner as a unique individual.

8. **Affectionate** - An affectionate and loving woman is a woman a man feels good around. This does not mean that you need to be glued to him like a leech (i.e. no smothering). You match him in his affections and you encourage without needing to be overtly touchy or sexual. Try mirroring his level of touch. Also, affection can be delivered and received through facial expressions and words.
9. **Adventure**- Men can't resist a woman who can move through her fears or discomfort and join him in some life adventures. Men find women who are willing to engage in life very sexy. Perhaps go camping instead of staying in a hotel. Try a sailing lesson with him. It's like asking your man to come to a meditation or yoga class with you. How adorable and sexy is he when he tries something new, even when you know he's a little uncomfortable with it! (This also relates to 'P' in Pleasure & Play.)

After reading each of the *four traits*, you may have noticed that there's a common theme. You may have identified which traits you are strong or weak in.

To authentically personify the four traits--Likeable & Loyal, Independent & Interested, Pleasure & Play, Sexy and Sassy, they have to come from the heart. The very good news is, it's much easier to fine-tune *you* than it is to try and make or force someone to like you or stay with you.

I also hope that as you move through each part of this program you will realize that some men are simply not the men for you. There are some men you will be better off without and need to lose! I'm sure that there have been times when you have desperately wanted a relationship to work out. You wanted that person to be "the one," but regardless of what you tried or changed, that person was not there for you, and they did not care for you in a way that was loving and healthy.

There are men and women in the world who are challenged and have no real want or desire to look at themselves, to improve, or to grow and heal from their past. This does not mean they do not want to love and be loved. This simply means that they are not capable *now*, and may never be.

As you read the rest of *Never Lose Him*, you will gain so many powerful and useful insights and tools that will help you to make sense of the dating and love world. I will be giving you the *relationship foundations* that will set you up in the area of love, forever! Making the *art of love* a breeze.

Love is not a game; love is about connection, understanding, kindness, honesty, learning, sharing and intimacy on all levels. As I have mentioned a couple of times - please read every single chapter from top to bottom as everything I have shared thus far will be explored in more detail and will greatly support you long-term.



### 3

## LIVE THE LEARNING & Change your (Anti)-Love-Patterns

*Stop banging your head against the wall or going around  
in relationship circles!*

What does it mean to “live the learning” or to have an anti-love-pattern? Now, you’re probably thinking, “Nadine, what on earth is an anti-love pattern?” An **anti-love pattern** is a repetition of behaviors that are taking you *away* from love, as opposed to toward love.

Essentially, the way you relate and date with men comes from some level of mind-programming. Over time, this programming becomes a pattern. You do what you do because, somewhere inside you, you believe that what you are doing is going to have the desired outcome or effect from the man you want. Most people go through each day doing the same thing. Even when they don’t get what they want, they do not change their pattern of behavior. They continue with their anti-love-pattern.

Have you ever made the same decision or “mistake” over and over again and wondered why you continue to do this very same thing over and over again? The reason why many of us keep repeating history is that we are not learning from these experiences on a neurological/cellular change level. How much frustration, disappointment and heartache in love and in life does one need to experience in order to change the way they show up in the world?

**What kind of behaviors or situations do you continue to repeat, or more specifically, what are your repeated anti-love-patterns?**

**Do you:**

- ❖ Go out with emotionally unavailable men?

- ❖ Try too hard for someone to like you?
- ❖ Sleep with men too soon hoping that they will fall for you?
- ❖ Overeat when stressed and lonely?
- ❖ Shutdown and withdraw?
- ❖ Yell and react instead of learning to communicate gracefully?
- ❖ Constantly seek attention and compliments knowing that it often pushes him away?

You are only able to change an anti-love pattern to a healthy-love pattern by being open to consistent change. **You can** *Live the Learning* from unwanted behaviors and experiences through new information, understanding and awareness. Without this understanding and awareness, it's nearly impossible to initiate change, as you cannot see what you would like to address, tweak or calibrate.

Have you heard the saying, **“When you cut too many corners you go around in circles.”**?

This saying is very accurate and relative to *Live the Learning*. You need to go deeper and address your challenges properly for long-term change. Otherwise, you will most likely continue to repeat the same behavior, or run into other unwanted and unnecessary problems in your love life. Cutting corners almost always comes back to haunt you one way or another, and certainly in the area of intimate love and relationships.

The following equation breaks down the steps necessary to create change. The first part relates to awareness, which reveals that if you are not conscious of what you want to change, then change is highly unlikely to happen. You may need further knowledge and information to effectively start the process.

The second part of the equation shows that integrating new skills and new ways to deal with your challenges consistently over time will create the change you seek for the long-term.

(Knowledge and Understanding) + (Implementation over Time)

= PROFOUND CHANGE

Why is it that many people only tend to make noticeable changes in their lives when they hit rock bottom? Normally, the emotional pain is so shocking or debilitating that the person realizes that they can no longer continue to live this way.

I encourage my clients and other people in my life to be bold enough to recognize their unwanted emotions and behaviors sooner rather than later, so that the point of “rock-bottom” does not need to come to play for them to address their unwanted life patterns, actions and decisions. Once you recognize that the way you have been moving through life is no longer serving you, you will then be ready for new experiences and ready for change and be able let go of your previous ways, allowing you to redefine your aspirations, vision, goals, and ideal life.

Getting clear about your intentions behind your behavior is the key to a new you and long-lasting positive changes such as better relationships, career advancement, more passion and fulfillment, less stress, anxiety and depression. However, it’s necessary to be honest with yourself to do this. Otherwise, long-term change is unlikely to happen.

### **For Example:**

- a) If you are a person who always seems to attract emotionally unavailable partners or controlling relationships, you need to stop and learn from this repeated decision-making. What drives you to persevere or engage in a relationship of this nature? Do you think that they will change? Maybe you think you don’t deserve any better or you’re possibly not aware of the unhealthy dynamics. Maybe you’re mirroring your parent’s relationship. It’s imperative that you learn what is happening within you (which may be subconscious) that is standing in the way of you having a healthy relationship with an emotionally available and loving person.
- b) Do you often find yourself tired, over-committed, maybe letting people down? You could be a pleaser, a do-er, or a helper who often says “yes” when she actually means to say “no.” As a result, you may end up resentful, moody or possibly disappointed in yourself. If this is true in your case, then what you need to do is find out what is driving you to continually repeat the behavior. Is it approval? Is your value attached to being helpful or capable? Do you think you will only be loved and appreciated when you do something good for someone? Are you looking for recognition? Are you a martyr or caught up in a victim mentality? Do you use it as ammunition to get your way?
- c) Do you find that a relationship tends to start well, and then, within a period of 1 to 3 years, the man you are with doesn’t speak of future plans or long-term commitment? Perhaps you’re too clingy, overly dependent and controlling, but you don’t stop and change your behavior, even when you know it’s the cause of his lack of affection, intimacy and commitment. Well, it’s all up to you. You can keep being needy and

obsessive, or you can find out why you are doing what you are doing and change your behavior to create the desired love outcome. If you suffocate something, it will wither and die. Why are you suffocating the relationship?

Start learning from the things in your life that are not pleasing you or bringing you joy. The desire to learn and then *live the learning* can produce monumental change in your life and will shift the nature and quality of your relationships.

For more fulfilling relationships and overall enjoyment, be invested to learn more about your wonderful self. Your time is much better spent taking responsibility for your own self, than waiting for someone else to change. Love and commitment starts with YOU.



## 4

# What to do When He “PULLS AWAY”?

*When men take 1 step back, women take 3 forward!*

Let me guess, you're in a relationship or you've been dating a guy for a while. Then, suddenly or even slowly, your guy has started distancing himself from you, or even worse, disappeared!

This *pulling away* can be felt in every cell of your body and can feel like someone has taken a vacuum and sucked the feeling of security and joy right out of you! And this feeling of sadness and loss can snuff out your hopes of real love, and leave you in a state of utter confusion and despair.

Yes, you may still be together, although you may wonder if he still wants to be with you or if you've done something to annoy him, which has made him pull away. Does this questioning and self-doubt sound familiar?

The biggest mistake many women make when they experience this rubber-banding (pulling away) is, instead of allowing her man the space he needs (we all need space from time to time), she interprets his need for “space” as a reflection of how he feels about her. As a result, her anxiety builds. She fears that he's going to keep withdrawing, and at some stage, leave her. Instead of being gracious and a woman of high value by holding a position of inner strength and self-belief, she reacts in some way. This then has him doing more of what she doesn't want him to do. He moves FURTHER away from her, which elevates her feeling of doubt, loss and frustration.

The number one thing you can do is STOP and connect with your feelings and insecurities and choose to respect his space. Seek to understand him rather than chase him. See his behavior for what it is; a man getting some space. Too many women start SQUAWKING and FLAPPING like birds in distress, hoping the man will do something to appease her, to make her

feel secure and wanted. However, the guy sees her distress as neediness and further retreats to get more space. Some women don't flap as much as they stonewall. They can become passive aggressive and unhealthily engage in power play, when all he wanted was some self-time.

So what's the opposite of this? **Most of the time women know what they should be doing**, yet they do not listen to this knowing. They **override** it and end up in emotional and relationship poop! Why would you override your inner knowing?

This is when the L.I.P.S. method is helpful. When he's pulling away, it's time to look at your balance between "Interested and Independent". Right now, you have a choice to either -

- a) Chase and become intense, or
- b) Hold your ground gracefully and believe in yourself

*Imagine you are going through a demanding time at work. Your days have been super intense. To top it off, your mother has been really unwell and you've been trying to spend some time with her. You also have a boyfriend who you've been with for about 12 months. Everything HAS been going really well, except things have changed a little. He's been contacting you multiple times per day to check in on you. He's been making lots of comments about how busy you are and how he wants to see you more.*

*You want to see him, too, but at the same time, you have other pressing concerns that you are not able to put on the backburner right now. You've explained this to him and you thought he understood and knows that you spending less time with him has nothing to do with him. Yet he still texts you all the time and calls you when he knows that you're stretched. All you want is for him to support you through this time and give you a kiss and a cuddle when you see each other, instead of feeling as though you're letting him down. As a result, you stop taking his calls and only respond to a couple of his messages. When you see him, you are a little distant because you don't want to be hassled by him.*

If this is your friend's story and her boyfriend comes running to you for advice, what would you tell her boyfriend to do? Tell him to keep up the constant contact and to keep asking her to make time for him? Hmmm, I am sure you would not!

Did he listen to her when she told him what's going on with her? No, he did not HEAR her. He didn't pay attention to her needs. Instead, he made it about HIM and because of that, she started withdrawing. What does that teach you?

Can you see that, to start off, she was clear with him and was hoping he'd understand. Conversely, she ended up with more pressure from him, when all she wanted from him was love and support. (I have a chapter later that will help you with this issue. You can have a peek now if you want. It's called "Flag It".)

If your man says he's overwhelmed with work or whatever is happening in his life, then this is his way of "flagging it", he's letting you know where he is at. Or if nothing has happened in his life (that you know of) and he seems a little less attentive, his phone calls are a less frequent or shorter than normal, and he seems a little less affectionate, then you can do one of these three things:

- a) You can make it all about you and go into fear mode and worry that he doesn't want to spend time with you and start trying to control him (bad idea, trust me it never works), or
- b) You can support him by being loving and warm from a distance (give him space), or
- c) Depending on the situation and how he's dealing with his challenges, you can ask him how you can best support him and what he would like from you at this time. Simple. Don't make it about you.

### Tips for those **in a relationship**:

- ❖ It's normal for men to pull away from time to time. Women can do this, too. I know I need my own time from my partner. The best thing you can do is give him space to feel free and be his own person. Don't take it personally unless there is a good reason to take it personally. How will you know this? You have to be realistic about what's healthy time apart and what's not. It's not realistic to be in a long-term relationship and expect to be in each other's pockets at all times.
- ❖ Give him space graciously. Don't huff and puff and play games. Give him space from the heart. He should not sense that you are annoyed or pissed with him, particularly not on a regular basis. Do not dish out "fuck-you" energy. Replace it with love and understanding energy.
- ❖ If you manage the time apart from him with finesse, it will make him realize how wonderful you are and how much he values you. Be grounded and a woman who knows her value, not disempowered and insecure.
- ❖ Embrace the space and use the time well.

- ❖ When he does contact you, try to make sure you don't make him feel that he did something wrong. Don't say, "Where have you been? You should have called me." Say something more along the lines of, "Hey, so nice to speak with you" or "Hi, it's so nice to hear your voice. What's been happening?"
- ❖ If he often "pulls away" or rarely seems present and emotionally available, I suggest you give these tips a go. If they don't work, you may very well need to talk about it openly. If nothing changes, there may come a time when you need to decide if this man is for you. The truth is, sometimes, he is not actually pulling away. He may have never been there to begin with.
- ❖ Sometimes people meet and come together when they are *both* emotionally unhealthy (needy, depressed, hurt, fearful). Over the course of the relationship, one person may become emotionally stronger and more independent. If you remain overly dependent on him, it may feel as though he's trying to distance himself, which might be the case. He may also simply be in a better place and ready for a more balanced connection, versus, a dependent relationship. So you may need to get some professional support to help you with this.

### Tips For When You've Had a **Couple of Dates**:

It can be a letdown if the man you're interested in doesn't seem to contact you as much as you think he should if he genuinely liked you. This can be happening for a number of reasons and even though it *could be* that he has lost interest, there are times when men do this even when they are truly interested in getting to know you.

Have a read of some of my tips for this critical time:

- ❖ Expect him to be inconsistent. This does not mean that it's okay for a guy to be hot and cold with you all of time. Though in the first 6-8 weeks allow for some uncertainty. This is part of dating. Give yourself and him some time to get to know each other without any pressure. As I mentioned, men who are keen will make it known, and at the same time your and his idea of what is keen may differ. This is the time to sit back and not get too invested in someone you barely know. No expectations.
- ❖ If you haven't heard from him in a couple of days, it **may not** mean that he's not interested. Do not chase him. Don't do anything. Wait to see if he reaches out. When a man likes you or is enjoying spending time with you, he may become a little distant because he's trying to work out what to do. He'll ask himself whether he's ready for a relationship, and if he sees a future, and if he should he continue spending time with you.

- ❖ After you've given him a solid period of time to reach out and he has still not contacted you then you can contact him in a relaxed easygoing kind of way. If he doesn't respond or is not encouraging in his response, then let him go. It's okay. There are other men out there who are more compatible for you. It's that simple. Don't take it personally.
- ❖ A man sometimes pulls away because he may think you're not interested. As mentioned in the L.I.P.S. method, women who play **too hard** to get and come across as disinterested need to be careful. If you don't reciprocate, a good guy will stop contacting you. If you don't reach out and make some effort, he will fade away into the distance. Men do need encouragement! Only a player—a man who dates multiple women, a man who is afraid of having a relationship, or a man who likes to play games—will like a woman who also blows hot and cold. So if you like him and he's been making pretty much all the effort, now is the time to encourage him by calling him and making a suggestion to meet up. Otherwise, you run the risk of him losing interest and finding a woman who makes him feel wanted.
- ❖ The more you get to know each other; the 'pulling away' should decrease to a point where he rarely pulls away (if at all). As long as you have your life and continue to “nurture you” throughout the relationship, then it should build to a healthy loving relationship.

So what happens if completely disappears and comes back again, acting like nothing happened or has changed? Perhaps you've been “ghosted”?

### **When You've Been “Ghosted”**

You're dating a guy who you really fancy. He hangs out with you for a couple of weeks. He is the perfect gentleman with a killer smile, sparkly eyes, and a great sense of humor. Then, one night, he takes you out to dinner to a lovely restaurant. You share a delicious meal and he makes you laugh. He drives you home and you share a soulful kiss.

“I'll call you tomorrow,” he promises with a smile that makes you go weak in the knees. Then, he turns and walks toward his car.

You close your front door, let out a sigh, and giggle your way to your room. “He likes me ... a lot!” you say to yourself. You think you're falling in love. You get into your pajamas, do your nightly rituals, and fall asleep with a smile.

The next morning, you eagerly wait for your phone to ring. You wait all day. Every time your phone makes a sound, your heart almost jumps out of your chest. But you only get text messages from friends and acquaintances. Nothing from him. Your phone rings a few times, but those calls come from your mother, best friend, and sister. You do your best to be patient, but you can hardly wait.

The sun goes down, but he never calls. Not even in the days that follow. You text and call, but he never responds. Then you realize that he's gone. He's vanished without a trace!

Have you had a similar experience?

Today, people call this experience "being ghosted." In the past, people would say that you've been "dropped like a hot potato." But whatever you call it, being ghosted is an unpleasant experience. Some women are not ghosted abruptly. A guy may give subtle hints that he's losing interest in you. He may suddenly get "busy." He then replies to your text messages less and less, and his messages become shorter. He invents the silliest excuses just to avoid hanging out with you.

## **A Girl's Survival Guide to Being Ghosted**

To some, being ghosted is the emotional equivalent of being pushed off a high-rise building without a parachute. Their self-esteem takes a nosedive. They wonder what they've said or done to "spook" their date. The lack of closure can be painful and pretty hard to deal with.

But being ghosted doesn't really have to be a difficult and painful experience if you approach dating with the right mindset. Here are some tips to help you get through "being ghosted" pretty easily:

- 1) **Know that there is "plenty of fish" out there.** Don't keep thinking that "he's the one" just because you happen to like the guy on your first date. Keep in mind that people tend to put their best foot forward during their first few dates. It will take time before you know whether he's truly the one, but for now, he's just one of many.
- 2) **Set realistic expectations.** Remember, dating is the stage in a relationship where you get to know someone. It makes no sense to allow yourself to be emotionally attached to someone you hardly know. Enjoy his company, but remind yourself that you're still learning about him and who he is. Just have fun!
- 3) **When he disappears, don't take it personally.** Don't waste time thinking what you could have said or done to drive him away. Oftentimes, the reasons why men ghost women do not have anything to do with the women they date. Maybe the guy who ghosted you was simply checking out potential partners, but he's not yet ready to commit. Maybe you have conflicting values and beliefs and he just couldn't deal with it. Or maybe the reason is he's just not interested in pursuing you any further.

If you discover that he is seeing somebody new after he ghosted you, that doesn't mean that there is something wrong with you or that the other woman is better. Don't fall into the trap of comparison. Think of it this way: When you need a quick snack and you decide to have an orange instead of an apple, that doesn't necessarily mean that oranges are better than apples. It's just that you prefer to have an orange.

So if a guy you used to date prefers to be with someone else, keep in mind that it's a matter of preference. You can't be an orange if you're an apple. He may have certain needs that someone else can meet. Don't let your self-esteem depend on anybody's preferences. Let him be and move on.

## He's Back! What Do I Do?

Sometimes a man will reach out again to the woman they ghosted. If a guy who ghosted you comes back and asks you out again, chances are he likes you better than the other women he's dated after you, or he's overcome some fears or uncertainty he was feeling earlier.

Now, how do you deal with a guy who wants you back?

- 1) **Don't get emotional.** Never allow yourself to sound too eager to see him and resist the impulse to say, "Hey, where have you been? I've been looking all over you!" Instead, rein in your emotions and maintain your composure. Act as if you were just exchanging the usual pleasantries with him.

When you do like the guy and he asks you out again, let him know that you are open to the idea of going out with him, but don't sound too eager. For instance, if he says, "I know this new place that serves the best pasta. I was wondering if you'd like to hang out this Friday evening," you can say something along the lines of "I'd love to check that out, but I have to see if I have anything up on Friday."

- 2) **Call him out for pulling off a disappearing act.** Before you say yes to the date don't be afraid to be honest. Remind him that he told you that he'd call, but he never did. You can tell him that you liked him, and you were disappointed when he suddenly disappeared and you never heard from him again. Remember, don't get emotional. Just tell him, matter-of-factly, that you only want to date guys who follow through and you're not interested in guys who ghost their dates.

Now that he wants to be back in your life, he's likely to ask you out. This is a perfect opportunity for you to share with him your perspective. Do this without sounding angry or emotional. When he calls, calmly tell him that you'd love to go out with him, but first, let him know that there's something on your mind that you'd love to share with him.

You can say something along the lines of *"I'd love to see you again, though the last time we hung out, you said you would call, but you didn't, you disappeared. To be honest, I felt disappointed because I actually liked you. I only want to date someone who follows through and keeps his word. Are you this guy? Are you somebody who vanishes whenever he feels like it or are you someone who follows through?"*

Now, he may either admit it was his fault and apologize, or he may get all defensive, invent all kinds of excuses for not getting in touch with you after your last date, or even place the blame on you. Don't worry about how he's going to respond to your honesty. Either way is okay because his response will reveal the kind of person he is, and *that* will help you decide whether you want to invest any more in him yourself, or if you want to be with him for the long haul.

Plus, he will see that you respect yourself and that you expect to be treated with respect and honesty by the men you date.

- 3) **Show self-respect and dignity.** This saying is all too familiar, "You teach others how to treat you." Be calm and assertive. Let him know that you are worthy of being treated with integrity and honesty and that you expect nothing less.

If he ghosts again after you've shared what's important to you then be thankful that you know now. Relationships will always present curve balls and if he can't step up, then he'll be sure to bring you more pain than pleasure in a relationship. Wish him well and thank him for showing you what you needed to see so that you can let him go.

One thing to keep in mind when you've been ghosted is to never feel victimized, dramatize or make a big deal out of the experience. Focus on being your best self and move on. Not all men will be your match and not all men will ghost. Believe in that.



## 5

# What to do... When He Doesn't Do What You Want Him To Do!

*How to get him to work with you...*

In the previous chapter, I shared that women do a wonderful job of squawking, flapping, and stonewalling, or they oscillate among the three. Then, they wonder why their guy isn't listening or hearing them.

Imagine being around someone who is constantly flapping and complaining or wanting you to be different. Maybe they don't verbally communicate much at all. Their body language says it all, yet you're not completely sure what you have done to upset them. This is not a nice place to be and certainly not the best way to inspire lasting attraction and deep commitment.

Women, need to start communicating like women, not young girls. We're all capable of stomping our feet and throwing little tantrums. Tantrums and huffing and puffing confuse men and scare them!

Did you know that only 50% of men in a troubled relationship know where the problem lies? The rest say they never saw the breakup coming. Yikes! So, this would indicate that woman are not clearly communicating what they want, value and need in the relationship. Even though we know intellectually that people aren't mind readers, we still expect others to know how to please us and to do what we want them to do. Also, we believe that they should know what hurts us.

Since many women do not clearly communicate these things, men don't know exactly what's going on for you or how to please you. Hence, the lesson in this chapter is to clarify how important it is to be clearer and more assertive in the way you communicate with a man, and to

also how to express yourself if a man has crossed a boundary. That way, he can understand and support you in a more effective way. (I will be covering boundaries in the next chapter.)

**FACT:** Men tend to be far more willing to help and support their partner, more than most women realize. Instead of nicely asking for assistance with the kids, housework, cooking and so forth, women tend to become more and more annoyed and resentful that their husband or partner cannot see that she needs assistance and support.

Most of the time, people think that we're managing, that we're just fine, and we don't need help. The truth is, most of the time, until we ask, people don't see what we see. Women are amazing and perceptive creatures, though no two people view life the same way, nor have the same priorities, and this can see us giving mixed messages.

Commonly we say we're "fine"... but we're not.

We need help... but we don't ask for it or we say we don't.

Let's face it, we can have unrealistic expectations that do not serve us well when the simple solution is to speak up and ask for what we need.

It's time to stop focusing your energy on what he's *supposed* to be doing (without you having to ask). Simply share with him what you need and want without spite or irritation in your voice.

**For example:**

- a) "Honey, tonight, I am really tired. Would you be able to bathe the kids?" **Versus** - *I am sick of doing everything! Can't you see I need help!? It's your turn to help with the kids.*
- b) "Babe, I really need to get some reading done for a meeting at work tomorrow. Would you be able to pop on a load of laundry for us?" **Versus** - *I am done with doing the laundry and washing your dirty underwear! Why don't you do anything for me, and why do I have to ask you? You should know when I need help. I work, too, you know!*
- c) "Sweetie, you are the best and you're such a great partner and I love cooking and looking after the house for us. At the same time, sometimes, it really gets a bit much for me and takes me away from spending quality time with you and chilling out. Can we work something out to help us?" He'll either make a suggestion straight away or you can say, "Maybe we can share the cooking twice a week or something like that? I am happy to work it out...How do you feel about that? I know you work, too. You're very helpful, which is great." I know I mostly manage, but right now, I need some extra help." **Versus** - *What's wrong with you? Why can't just offer to help me!? From now on, you have to cook twice a week and do it happily. I am not a slave, and I work my butt off, too. You make me feel resentful and you wonder why I don't want to have sex with you.*

d) “Darling, I am so aware how full on your days are at work. My understanding is that you have the best intentions to call me when you say you will, so I get that. Often you say you’ll call to let me to let me know something or to check in and say hi. I realize you either get too busy. Maybe you forget and I really try to not get annoyed or feel let down, BUT at times, I do feel neglected. I’m aware that maybe I expect too much or have too much time on my hands. I realize it’s not personal and I am sure we can work out a better way.” **Versus** - *It’s really rude of you not to call me when you say you will. You make me feel like you don’t care and I don’t matter to you. If you loved me, you would do this. Unless you change, this can’t work.*

**TIP:** If you **invite** someone into working things out with you, it will make the conversation much easier. He’ll feel that it’s a joint effort, as opposed to you telling him what he’s doing wrong or what he’s supposed to do.

Deliver your message in a respectful way. Let the other person know what in particular is bothersome to you and that you can work together to address it.

**Promise yourself that you will stop** faultfinding, nitpicking, being critical, and nagging. Nagging is what women do when they do not properly articulate what is bothering them. They then tend to *jab, poke, jab, poke, jab* at him and they wonder why he’s not responding. Stop picking and start communicating.

Men do like to make their lady happy and men will assist and support a woman who talks to them lovingly and clearly. If you help him, he’ll help you. If you try harder to understand him, then he’ll be more open to understanding you.

In fact, this could be your specific **Emotional Barrier Eliminator**? What is your sticking point with your man or the man you like?



## 6

# He'll Step Up When YOU Step Up!

*Clear healthy boundaries builds respect and enhances attraction and desire!*

Imagine there is a set of steps in front of you. While you remain standing on the ground with the steps in front of you, your relationship or your dating experiences will stay the same – at a standstill. If you were to step up onto the first step or higher, you know you would be happier, more fulfilled and the relationship would improve or it would perhaps die a natural death, though you'd be moving towards what you really want and value.

You know that stepping up involves risk and will take you out of your comfort zone. BUT even though you're mostly miserable and you fear that the relationship is sure to end at some stage, while he's still around, you just hope things will change on their own and you do nothing. Instead of addressing your concerns and cultivating an intimate connection, you remain in a state of inertia, unable to move, because you don't want to rock the boat (any further). Perhaps you know that if you are clear about what's important to you, you may put an end to something you think you still want, albeit an unfulfilling relationship.

So, against your better judgment, you push down your true feelings. You go against yourself by lying to yourself about what matters to you, and you stay unhappy in love, when all you want is to be loved in a healthy way.

Really, this is madness. This is not love, but a jail sentence.

If you would like your guy to step up and love you the way you know you deserve, then there are a couple of things that need to take place first.

You absolutely must:

- a) Release the fear of change and of losing him
- b) Create solid graceful boundaries

The reason why so many women settle for an average relationship is that they become terribly blindsided by their desperate desire to have and keep their men. Even if he's a sociopath or a narcissist, and even though they are largely miserable, they're attached and scared to want more.

What most women do not realize is that they teach people how to treat them. From the day you meet someone, you are the one that sets the tone of the relationship. If you had no boundaries to begin with then you must take responsibility for that. People get away with different things, depending on what you put up with. It is therefore important to set solid and healthy boundaries in order to improve your relationship.

You have a choice to make. You can **release the fear of losing him** and get clear about what you value, or you **remain a doormat or in a state of flux**.

If you're with a man and you're not fulfilled, you've probably created a story in your mind of what life would be like without him, or you fear that if you were to lay down a boundary **and stick to it**, he might not want you anymore.

If you're with a man who does not learn to respect your REALISTIC and HEALTHY boundaries, then what kind of man are you with?

I want healthy connected and authentic love for you, not something that is superficial and riddled with games and insecurity.

So how about we have a look at what a boundary actually is?

## **What are boundaries?**

Firstly, a boundary is not a barrier. When you create a boundary, you must be very careful how you deliver it. A barrier is more aggressive and can create bigger problems. It can even end a relationship, particularly a new one. On the other hand, a boundary can be put in place with strength, but it needs to come from a place of honor and from the heart (not from fear or control).

Ranting and raving **is not** the best way to go about it. As soon as you bring theatrics into your relationship, you tend to lose your personal power. If you don't have clear and solid boundaries, a man won't respect you. Similarly, if you're dating a man who doesn't have healthy boundaries, you, too, will tend to either take advantage of him, or perhaps you'll lose interest.

If you try to step up and you then step back down, you'll lose your ground, because your boundary will mean very little and he won't honor it.

**Weak boundaries do not get you respect** (like the boy who cried wolf)

If you tell your man what's important to you **and YOU override your boundaries**, your man will see you as a woman who has little **self-honor, which does not inspire him to honor you**. If you're a woman of your word and you treat yourself with love and honor, this will inspire lasting love and attraction.

The only man who will be attracted to a woman with weak boundaries is a man with control and manipulation issues. Do you want to be with a great man or a messed up man? Do you want love or power playing?

You cannot have a healthy relationship without healthy boundaries.

### **What to do if he pulls away?**

When you put a boundary in place, men will often pull away a little or a lot (and women do this, too). It will depend on the man and his level of emotional maturity, self-worth, and humility. This is only natural (to a point), so don't freak out. The good guys will come back and the guys who play games will run. Say thank you to the runners, because you want a man who can step up and respect your reasonable boundaries.

### **How to deliver a boundary –**

You can either verbalize what you value and need or you can behave in a way that suggests a boundary. You can also mix it up, depending on the situation.

#### **Verbal:**

Clear boundaries can be verbalized and followed up by non-verbal actions that support your boundary.

#### **Non-verbal:**

Changing the way you behave or react to something or someone can define a boundary.

### **EXAMPLE A – VERBAL with some non-verbal**

You and your partner tend to have arguments that start off as a non-issue and escalate to a drama bigger than Ben Hur. You both tend to say things you wish you didn't and this unproductive arguing weakens your connection, intimacy and enjoyment.

To change this pattern, a “boundary” can be expressed. You can clearly and nicely tell him that you really want to improve the way you communicate with him and that you would like to learn to express yourself better so that you can experience a healthier relationship with him. You can also ask him if he wants to work with you on this? Together, come up with a way to defuse the tension and put in place a strategy to speak to each other in a more productive way. You can agree to not name call or so on. You both agree to do this. You have now started to create a healthier relationship.

To make the boundary stick, you must follow up with behavior and dialogue to support it. As soon as you feel he’s getting agitated with you or you with him, you must do something different. You can smile and say, alright we’ve both getting annoyed, let’s talk about it later. If he gets worse, you can then tell him that you’re going to leave the room. Instead, write down what you are feeling, maybe this will be more effective. There are a myriad of ways to do this and I have other examples coming up later in the book.

### **EXAMPLE B – Non-Verbal**

Imagine you’ve recently met a man and the relationship is not yet sexual and he starts sending you texts that are particularly sexual and suggestive. Because this is happening early on in the dating phase, it’s making you feel uncomfortable because you’re looking for love, not a sex buddy. You want him to know that you can be playful and fun, although you don’t want to take your communication to a sexual level just yet. So what do you do?

One thing you can do is **not respond** to the message. Sit back and see what he does. This will indicate to him that he’s taken it a little too far for you and by not responding you’re letting him know that you’re not going to engage in that kind of communication. This way you do not need to explain to him that you didn’t like it. Most guys who really like you will contact you and apologize for the message. You can respond by saying, “Yes, a little too cheeky” and then change the subject. He should get it.

Daily I receive many emails from women who want advice about their relationship and about love in general....

- ❖ Women who are with men who they know are cheating on them.
- ❖ Women who are with men that constantly putting them down and are not warm and loving towards them.

- ❖ Women who do things sexually that they are not comfortable with. Instead of having a boundary, they shut their eyes, grit their teeth, and put up with it.
- ❖ Women who spend time with men that only call them when they want sex.

What are they so fearful of losing? Why would a sexy, savvy woman worry about losing a guy who doesn't treat her body nicely, or worry about losing a guy who only wants to shag her, or is cheating on her?

If you create a boundary that is realistic and healthy, and he doesn't step up to meet your reasonable needs, then let him stay where he is while you keep moving higher and higher. Sure, you will have to leave some men behind. This is just perfect as this will allow the space for a more compatible man to come into your life.

Having said that, the good news for you is, time and time again, I see relationships turn around. This can only happen once the woman has been clear and graceful about what she wants and values. Often, when a woman is honest with what she values and when she shares this with her man in a healthy way, the man will step up because he will love this quality in her. This will make him love her more, because she loves herself! And this is what *Never Lose Him* is all about.

If you treat yourself (and him) with respect, honor, loyalty and love, it can only come back to you! You attract more of what you are.



## 7

# Is Your Broken Heart Standing In The Way Of Love?

*Getting over him... or the IDEA of him!*

Are you in a relationship and feeling lonely or grieving the loss of a connection that once was? Maybe you had a vision of how a relationship was supposed to develop and it has been severed before you were ready. Are you in shock or disbelief? Are you grieving another short-lived relationship that started beautifully only to quickly tumble and fall? Do you feel lied to, cheated or let down? Did you do something you wish you hadn't and you are feeling guilty and remorseful?

*(Before I continue, I would like to highlight that this chapter is also great for those of you in a relationship and feeling unfulfilled or sad about how it has developed or unsure where you're heading in the relationship. I share some really good lessons that will certainly assist you.)*

Relationships end for a myriad of reasons and regardless of who did what, the first step is to come to terms with the fact that the relationship is OVER. The longer you hold onto the fantasy, hoping that it will work out, or thinking that your life is now "wrong", the harder the transition will be from; a) The Break-up, to b) The Recovery, to c) Meeting Someone New - and forming a new healthy loving relationship.

The point of this chapter is to recognize the value in investing time and energy into your healing, because without this, the road to recovery can be very long and painful! Too many men and woman are closed off to love because of their fear of getting hurt again. Instead of being open to understanding the cause of the hurt and the root of their fears, they bury their heads in sand, or perhaps it's more like wrapping themselves up in bubble wrap. Either way, they hide.

It's true that, sometimes, people do get back together. However this is not a useful nor helpful way of thinking. This will only drag out your recovery. And why get back together if nothing has changed? The mindset you need is that you ARE SINGLE!

You may also be attached to the idea of a relationship rather than the relationship itself. The desire to be in a relationship may very well be keeping you in a relationship that is not supportive, connected, and loving. Sometimes when a relationship ends, especially when it was not good for you, you can miss the loss of a desired connection rather than the actual person. You could be grieving your idea of love.

When clients first come to see me after a breakup, they would either be wishing they were still in the relationship, relieved it's over, feeling lost and vulnerable, or experiencing a mixed bag of emotions. They may feel hurt, sad, devastated, rejected, angry, guilty, or misled. Other unwanted emotions may be brought to the surface. For those wishing that the relationship had not ended, often, throughout the course of their coaching sessions, they will start to see the relationship clearly and will no longer wish to be back in it, and certainly not put up with how it WAS.

While you are emotional and grieving it's very difficult to see what actually took place in the relationship breakdown. Give yourself time to be sad, to feel the pain and the loss. When you allow yourself to grieve, you give yourself permission to be real. When you pretend, you just delay the healing process, which is likely to cause more emotional scarring than you realize. This breakup does not define you, and the sooner you look to grow and develop from this unwanted experience, the sooner your heart will heal. It won't be long before you will be open to connect again.

In the title of this chapter I have used the words 'broken heart.' I have used this purposely because this is a common terminology that people use. The question is, can your heart actually break? When you believe that's it's broken and if you keep saying that it's "broken," you then perpetuate the emotions.

No one can break your heart. What story are you telling yourself about the breakup that results in you feeling heartbroken? Grief is only natural, although I really would like you to question if you are "BROKEN". Can someone break you? You may certainly be devastated, sad, upset, disillusioned, disappointed and so on. Be careful not to dramatize the breakup more than is healthy for you. I will explain more about this in the chapter titled, 'What You Focus On Expands'. My focus is to assist you to overcome the past so that you are able to wholeheartedly connect with the person you are currently with or the person you are about to meet.

The fact is that LIFE DOES NOT ALWAYS GO TO PLAN. Often, while you are holding onto your "plan," you will not see that the situation you are in IS part of your life plan. *It is what it is*, and there are PLENTY of wonderful things that can result out of a breakup.

Believe me there are!

You might not be feeling it right now. However, you will heal. You will feel joy and you will love once more. Again, please do not skip the healing process. Otherwise, your previous challenges will almost certainly follow you and be repeated.

Explore you, understand the grief, the anger, all of the emotions that are surfacing for you, and learn from the breakup. If you are still together and questioning whether to stay or leave, you may be grieving the thought of breaking up before you have broken up!

Either the relationship can be improved and strengthened or it may be time to part ways. If you want to strengthen your struggling relationships then I can assure you they typically do not improve without effort, nor is recovering from a difficult breakup easy without investing some time in growing and learning from the experience. Find the “gems” of learning; gems are information, realizations, and new perspectives that will assist you in future relationships or help you to improve your current relationship.

About 13 years ago I went through a relationship breakup that was particularly hard for me to process. I knew that ending the relationship was required. However, I felt miserable as though a part of me had been cut off! I would wake up each morning feeling sick with anguish, and all I wanted was to go back to sleep and not feel this pain. After too many dark days, I decided to not be afraid of this pain, to appreciate that it was to be expected, and that I would recover from this.

I began to wonder; what was this pain here to teach me?

After pondering this question I became super focused on healing, and in order to heal, it was imperative that I reconnect with me and also get VERY honest.

What did I believe about myself that was adding to the angst? What did I believe about love that was also contributing to my pain? I wanted to learn from this relationship so that I wouldn't continue to repeat the same mistakes and behaviors in the future. Strangely enough I became excited and intrigued by what I would find. My focus was on learning!

This process created a profound internal shift because, with my passion to learn, I was no longer encouraging depressing thoughts of, “How could this happen to me?”, “Life is unfair”, etc. I was no longer the victim. I was taking responsibility.

It may seem surprising to you that I moved from feeling devastated to being excited. I admit that there was still some sadness along with the excitement for my new thirst for personal development. However, the learning and the change taking place within me enabled me to shift these “unwanted” emotions more easily. It was wonderful and freeing!

You can do this too!

Be gentle and kind to yourself. If you're experiencing loss and sadness and you feel that you're still hooked to someone who's not part of your future, this is your chance to heal. Yes,

you may feel as though you're in a long tunnel of heartache, but, you can still choose to heal with self-love. Soon, the light at the end of the tunnel will surely come!

(NOTE \*\*\*If you are having suicidal thoughts I strongly recommend you contact a local help hotline or seek a local professional therapist to assist you through this difficult time. Let people around you know that you are not okay and in need of support. You are NOT alone, people are here to assist you, just ask! There is no shame in admitting you are struggling. Please seek help\*\*\*)



## 8

# Allow Your Emotions To Guide You Toward Intimacy!

*There is not one perfect emotion, there are  
plenty more for the living...*

I can't emphasize enough how important understanding your emotions is for lasting love and commitment. All the lessons in *Never Lose Him* are interrelated and your emotions are an integral part of activating the 'Emotional Barrier Eliminator' with your man or future man.

You see, the issue is not that women have emotions, because men have emotions, too. The challenge often lies with how women express their emotions in a way that does not make men disengage and go running for the hills. Let me explain...

When we are growing up and even as adults, when we talk to our parents about life and the decision we are confronted with, our parents may say something along the lines of "I just want you to be happy, darling," or "As long as you are happy, I am happy!" Of course it would be great to be happy, pumped and high on life 24/7. However, this is not realistic. While you are striving for this one emotion, you are running away from other emotions that are also important. These emotions, once understood, will allow you to experience much more happiness.

When going through a difficult time in your life such as losing a job, death of a loved one, relationship issues, ending a relationship and so on, the emotion is very rarely happiness. Instead, you might be feeling sad, angry, confused, betrayed, rejected, hopeless, etc. Because these emotions are perceived as bad emotions and are linked to failing, they are often not appreciated for their beauty and significance. These emotions are here to teach you about yourself. Do not hide from them. Connect with them and learn to understand them so that you can in fact experience a life of increased ease and joy, including the way you experience love and relationships.

When we are happy, joyful or delighted our behavior also changes. We may be more energetic, more engaging, kinder and more open. When we are sad, anxious, lost, or angry, we may be withdrawn, quick-tempered, and aggressive. We may turn to alcohol or drugs, or we may overeat, etc. As a result we create more unwanted emotions and behaviors. Stop the spiraling and start listening, feeling, and hearing what is happening inside of you. If you want intimacy with your guy, then you must have an intimate understanding of your own emotions. I suggest you start to actively become more aware of your emotions so that you can begin to find out what is at the root of them.

And what is at the root of your emotions you might wonder? **Your beliefs** are at the core of ALL that you do! To start recognizing your beliefs, I suggest you start listening to your internal dialogue. Your verbal dialogue may also be presenting these gems of information. What is it that you believe about the relationship breaking down? What do you believe about yourself, about men or women, about love and about life in general that is contributing to your stress, discomfort and yucky feelings?

And how are these thoughts and feelings impacting your love success?

I suggest you write down any thoughts or beliefs that you can identify. Take a moment and try to access this internal dialogue as these beliefs may be running subconsciously. Even if you think they sound ridiculous or embarrassing, it does not matter. Identify and write them down.

Here are some examples:

- ❖ There will be no one else.
- ❖ There must be something wrong with me.
- ❖ Everyone is out to hurt me.
- ❖ I'm not smart enough.
- ❖ I'm not pretty enough.
- ❖ If he or she doesn't want me, then who else will?
- ❖ I'm too old.
- ❖ I am supposed to be married by now.
- ❖ I missing out of having the life I dreamed of.
- ❖ I can't have what I want in life.
- ❖ I am never good enough.
- ❖ I am not worthy.
- ❖ Everyone treats me badly.
- ❖ No one cares about me or loves me.

- ❖ I can't get anything right.
- ❖ I am hopeless in relationships.
- ❖ All men are bastards.

Can you see how these beliefs could be contributing to you feeling less worthy and less lovable and adding to your dis-ease, your stress, and unwanted emotions? These kinds of beliefs take you farther away from the happiness you seek and farther away from love and attraction. This chapter is very important if you want to have a healthy, connected, and long-term relationship, because if you do not understand your feelings and emotions, you can allow your emotions to run wild. This can cause unnecessary mayhem in your relationship....

Things that should really be a non-issue can seem like mammoth issues. Sometimes, you can take things personally that have little to do with you. You can jump to conclusions, You can say horrible things that creates unwanted distance. You can do things that you regret.

And how you deal with your emotions can certainly influence your attraction factor and success. For each belief you have written down I suggest you ask yourself the following question, as per below:

- 1) How do you know it to be true that you are not good enough?
- 2) How do you know it to be true that everyone treats you badly?
- 3) How do you know it to be true that all men are bastards?
- 4) How do you know it to be true that you are not good-looking enough?
- 5) How do you know it to be true that.....?
- 6) In addition ask yourself the following question as per your belief. I have added some below.

### **Suggestions:**

- 1) Is it absolutely 100% true that on one loves or cares for you?
- 2) Is it absolutely 100% true that every woman is an emotional mess?
- 3) Is it absolutely 100% true that you are not good looking enough or tall enough for real love?
- 4) Is it absolutely 100% true that .....

Questioning your beliefs in such a way will help you create an objective perspective and allow you to start recognizing that your internal world can significantly contribute to your pain, sometimes more than the breakup itself. Often, we jump to conclusions about ourselves or why

something didn't work out the way we would have liked. There is reality and there is distortion. Are your interpretations and perceptions distorted or do you have a realistic approach? Can you be sure that what you think is accurate and true? (If you would like to look into this further then please have a look at the work by Byron Katie).

Getting back to happiness. Of course, we would all like to be happy. Generally I am at peace and enjoying my life. However, sometimes, things happen that are not ideal, and as a result, I will most likely feel something other than happiness. Do not be scared of these so-called "unwanted" emotions. They are here to teach you something. The quicker you stop to reflect and understand them, the sooner they will depart, and the more happiness you will experience.

How does that sound to you? Not so bad after all!

Once you connect with your discomfort (i.e. sadness, grief, pain, loss, rejection), you will come to appreciate the emotion as a messenger for reflection, a messenger to stop and connect, a messenger of growth. Give these emotions some time to be understood and challenged so that you can heal from a breakup and so that you're not fearful of future relationships. A beautiful healthy relationship starts with a healthy you, a healthy mind. No one is infallible. We all make mistakes. However, the more aware and connected you are to your emotions, the easier you will be able to connect with others in ways that create wonderful love and longevity.

And while you are learning about the more unpleasant emotions and feelings, I encourage you to savor and be present when you experience the emotions that you DO like. They also indicate our beliefs. It is also important to have awareness around them. Most people feel good because life is going the way they want it to. Plans are working out and everything is under control. This means that how you feel is based on external factors. If that is the case then no emotion will really satisfy you if you're always easily affected by external factors. Your happiness and inner peace cannot live outside of you. This is why understanding ALL of your feelings and emotions is so important. It does affect your attractiveness and the quality of your relationships.

At times we all wear "masks." Some of you might pretend that everything is "fine" when it isn't. Others may experience guilt when they're happy or joyful and wear a "neutral" mask that doesn't allow others to see their happiness or unhappiness. When you were young you may have been told to not rub your good fortune in people's faces, to be humble, and to never gloat. Celebration is a wonderful and liberating part of life. Give yourself permission to experience EVERY EMOTION, the so called "positive" and "negative"!

All emotions are here to be acknowledged and appreciated for the information they bring. When we understand them, we then are able to view and live life differently and to experience far more ease, love and connection with ourselves and others.



## 9

# Ouch, Rejection!

*Could this situation be a blessing in disguise and time for powerful reflection and a new perspective?*

Let's face it. No one likes to feel rejected. No one wants to feel that someone does not like them or that they are undesirable. Someone who is sensitive to rejection will see anything that looks and feels like rejection as a monumental blow and a terrible experience, which normally leads to emotional distress including stress, anxiety, and/or depression.

People who are solid in themselves and have a strong personal foundation will view this situation from a more objective and realistic perspective. This does not guarantee that they won't be upset that someone ended a relationship, was not interested in them, or cheated on them. However, they will be able to look at the situation in a way that allows them to feel what they need to feel, learn what they need to learn, and move into a future relationship with little to no baggage or residual emotional angst.

When someone ends a relationship or doesn't follow up or continue dating you, the person may not have been interested in pursuing something more with you for a myriad of reasons, which may or may not have much to do with you at all, such as:

- ❖ Maybe they thought you were not compatible in one way or another.
- ❖ Maybe the person likes quiet personalities rather than someone who's outgoing, or vice versa.
- ❖ They may have issues with commitment.
- ❖ They are looking for something casual and it seems to them that you wanted something more serious.
- ❖ Maybe they have not properly ended a previous relationship.

- ❖ We all are attracted to others for different reasons. (They may or may not be healthy reasons.)
- ❖ You reminded them of their ex and they didn't like that.

You can relate dating and relationship rejection to business success. Statistics show that even the most “successful” people have failed many more times than they have succeeded, which would indicate that they did not give up when their endeavors or goals did not go to plan. They learned from their experiences, improved their knowledge and skills when necessary, picked themselves up and kept going, sometimes again and again and again. So how does this apply to matters of the heart?

In dating and in love, what happens if you have a fear of rejection or if you feel as though you've been rejected time and time again? You tend to lose your spark and your ability to be open to love and intimacy. You may think that there's no love match out there, and you may believe that no one will ever be interested in you. If you lack confidence, you may also present as withdrawn from others or needy and desperate. If you can relate to this, then I suggest you have a good look at what is happening internally for you.

Also, sometimes the ego (or lack of worth) takes over and the fact that someone ended the connection (or relationship) hurts more because the other person initiated the breakup before you had the courage to do so. That's internal power-playing! It doesn't matter who ended it. If the relationship was not flowing or was possibly difficult, and you were not enjoying each other's company, then whoever ended it did so because they called it sooner than you did. Once again, it DOES NOT MATTER.

### **Here are some tips for you to integrate:**

- ❖ Realize that sometimes it can take time to meet someone who you connect well with and someone who feels the same as you do. Do not let this discourage you. Soften the need for a relationship, instead be open to one. *Value a relationship versus needing a relationship.*
- ❖ Like, love and appreciate yourself.
- ❖ Get to know your strengths and weaknesses and develop what needs to be developed. We all have weaknesses to work on and strengths to shine! Find out what yours are.
- ❖ If you're a poor communicator, learn to communicate.
- ❖ If you don't allow your personality to shine because you are shy and you lack confidence, then improve your confidence and self-worth.

- ❖ If you're often controlling or angry, work on your anger and control issues.
- ❖ Be willing to address past hurts and fears, so that when you meet someone special, you are ready for a healthy relationship. A strong and loving relationship starts with the relationship you have with YOURSELF. Work on this relationship first!
- ❖ Break down your beliefs associated with your feelings of rejection. If you have thoughts along the lines of you are not good enough, not funny enough, not good-looking or smart enough for love, then I highly recommend you work on facing these beliefs head on. They are unhelpful and will most definitely take you further away from the love you desire. I will further explain the effects of beliefs and thoughts on your behavior and attitudes.
- ❖ If you feel as though you are failing or have failed in love, I suggest you see the experience as FEEDBACK rather than failure. If you believe you have "failed," variations of the following thoughts may also be running inside your head—I am useless, life is going wrong, I'm an idiot, no-one cares, etc. If you focus on the situation as being an opportunity for "feedback," you will be open to learning, change, and new perspectives. You'll also be far gentler on yourself.
- ❖ If you're single, realize that your life is worthwhile with or without a partner. It would be nice to be in a healthy relationship. However, the absence or presence of a significant other in your life does not define you. Your life can still be great as a single person. Build a lovely community of people around you. Your life can be rich and wonderful in so many forms. Don't get caught up in a cookie-cutter mentality. Not everyone will experience the same things in life. No path is right or wrong, or good or bad. We all have different experiences.
- ❖ Have a realistic approach. You may be too fussy or not aware of the things you are doing that may be turning people away.
- ❖ Open up opportunities to meet like-minded people. Take up some group activities that will help increase your chances of meeting new like-minded people.

For those of you feeling heart broken, rejected and lacking self-worth and confidence, it's time to shift your focus and learn from your past love and dating escapades (instead of allowing them to define you). And you may need some help to be able to do this.

Life is too short to be a victim. It's not all personal! Move yourself out of rejection mode. Relationships are a numbers game. Get back out there and be resilient! In time, someone special and fantastic for you will come your way!

Stand tall. Be open and ready for love. You can do this!



## 10

# Cutting the TIES = Love

*Breaking emotional and physical ties is essential to new love...*

Ending a relationship can be difficult in itself and being constantly reminded of your ex is NOT helpful, particularly if you want to meet someone special and more compatible with you. Even though some situations or “crossing of paths” are occasionally unavoidable, such as bumping into mutual friends, running into each other, working in the same industry, sharing custody of children, etc. Regardless, there will be numerous ways that you may be reminded of your ex that you can somewhat change or modify to create necessary space, giving you the best chance to move on and find your match. How do you expect to meet someone new or to build a new healthy relationship when you’re holding onto the past?

If you or your ex is finding it hard to move on, I strongly suggest cutting the ties that are keeping you connected and allowing you time to heal. Every situation is different and what is required will vary depending on the circumstances. However, staying connected or in contact will most likely SLOW down your recovery. Do not torture yourself. Be strong and make the changes needed.

And once you have had time to heal, you may feel differently, You may be able to be friends somewhere along the line. However, right now, the objective is to get over him or her. Do it properly!

- 1) Delete your **social media or online connections** – Facebook, Skype, MSN Messenger, etc. You do not need to know when they are online or offline, what they are doing, where they are going, or who they’ve been seeing.
- 2) **Remove photos** from your apartment, out of your wallet, computer desktop, off social media sites, etc.
- 3) If there are **gifts or sentimental items** that remind you of your ex around your space, remove them. These include jewelry, clothes, toiletries, food, letters, cards, gifts, etc.

Throw these things out, give them away, sell them, or put them in a box for a while. They need to be gone either forever or certainly OUT OF SIGHT. Even if the breakup was a good one, in which case you are still friends, and there's little emotion attached to your parting, removing these items is still a helpful and powerful process. This way you allow yourself to let go and move on more quickly.

- 4) Delete their **phone numbers** from your phone. Calling during a moment of weakness is not recommended. "Drinking and dialing" is never a good move either. There will be no need to contact them. If you have children or you are going through financial settlement, this may not be an option, which is understandable. You may certainly be able to minimize contact and change the way you communicate, which will make the transition easier.
- 5) Initially you may want to **avoid attending social gatherings** they are attending. This may or may not be necessary, and of course, it may feel that your social life has been hindered due to the breakup. Although, sometimes, these situations are unavoidable, you need to discern what you need right now to overcome the breakup. Maybe distancing yourself for a couple of months or longer is what's needed. Naturally, each situation will be different. Give it some thought and be very honest with yourself as to what you need.

I have coached many clients around this topic. Earlier, this year a young client of mine was very hesitant to delete her social media connections with her ex. He repeatedly did not treat her well. As a result of the relationship breakdown, she had begun questioning herself and her self-worth. She was needy, anxious, and distressed. Not only was he treating her poorly (which she allowed), he had also cheated on her.

We had only been working together for a couple of weeks when they broke up. For about three weeks, she told me she was going to delete him from Facebook, etc. Each week, when I asked her to confirm if she had cut the ties, she told me that she had not! As a result of this non-action, we had a discussion to get to the core of what was stopping her from cutting the ties to the ex.

She was torturing herself. She wanted to know his every move, who he was speaking to, what he was saying, and so on, which was only adding to her stress and anxiety. She was comparing herself to him, to how he was dealing with the breakup, which she somehow thought would help her feel better! She was also holding on to being connected to him hoping that maybe he would want to get back together. By staying connected, she felt that there was hope.

After going through coaching sessions with me, she realized that neither he nor she were emotionally healthy to be in a relationship and that the relationship went against her core values of intimacy, honesty, fun, and health. They did not have an emotionally intimate relationship.

There had been too little honesty. They were not having fun, and her physical and emotional health was suffering. She realized that they did not have a solid foundation for a fulfilling relationship.

She was only trying to satisfy the neediness within her, and she realized that she could not get it from him. She needed to fulfill this for herself. The relationship she needed to build FIRST was the one she had with her, which she had already begun doing.

My wonderful client has evolved and changed in so many ways and rather quickly. In a span of two short months, she transformed from needy and anxious young woman to a confident and worthy young woman. She had always been worthy; however, she did not know this. She is now emotionally far more aware and able to communicate with grace and ease. She is clear about who she is and what she wants (in a gentle and beautiful way). Not only is she in an emotionally healthy space in the area of romantic relationships, her relationships with her family, friends, and coworkers have also strengthened. She is gracefully powerful!

What emotional and physical ties are stopping you from healing and moving on from this relationship that is going nowhere? Sometimes, we'd like to think that we have moved on. You may have met someone else. Physically, you may have moved on. However, emotionally, you may not have. Are you allowing a past relationship to stand in the way of real intimacy and connection? While you're holding a candle for your ex and while you're still connected to them, you will not be able to connect with another person.

Break the fantasy mentality and move on quickly and successfully. If you value love, then you need to treat YOURSELF with love (which often involves a good dose of self-derived tough love and discipline)!



## 11

# A Mystical Path VERSUS Reality

*When LOVE does not go to “plan” then it’s time for a new plan!*

Having goals, dreams and aspirations is what drives us to get out of bed in the morning! Without goals, people tend to feel flat, depressed, uninspired, and slow to engage in life.

Having goals is necessary. However, unfortunately, we don’t get everything we want out of life. Sometimes, life goes according to plan, and what we set out to achieve comes to pass beautifully. At other times, no matter how hard we try, life does not appear to deliver the fruits of our toil.

There is no perfect life path. There is no mystical path your life must follow in order for you to have a fulfilling and successful life. You are no less of a human being if you are married, divorced, single, and live in a grand or modest house, with or without children, tall or short, career minded or happy to have any job as long as you get a pay check every week.

Due to our conditioning, which comes from everywhere, our family, peers, society and so on, we create ideas in our mind that we need to have A, B and C in order for our life to be worthwhile and meaningful. Many women believe, consciously or subconsciously, that they won’t be happy or satisfied until they’re married and have a couple of children, have a house that they love and go on trips overseas, have a body like a god or goddess—you will have your own version of this. This kind of grand plan may be what you think you need in order for your life to be “right.” However, life very rarely goes to plan *perfectly*. Things can happen along the way that can take us away from this vision.

If you believe that you cannot have a good life until those items are ticked off your list, then it is no wonder you are stressed, anxious, and depressive. And remember, just because something happens that was not part of the “plan” does not mean that the experience was not perfect for you.

Everything that happens provides you with opportunities, and it's what you do with these opportunities, these life events and situations, that make the difference. You can rise or you can fall. It's all up to you. Falling is not the problem; it's how long you stay fallen and wounded, or even feeling like a victim. Sometimes, we need to fall to learn, just as we did when we learned to walk and we LEARNED to do it WELL. The same can be said for dating, love and relationships. I would like to encourage you to embrace the unknown and learn the lessons that are rich and here for you.

Be mindful as to how much weight your "mystical" plan carries. In some cases, the fairytale comes true. For a lot of us, it does not, because fairytales are called fairytales for a reason. Sometimes we do get what we want only to find out that it's not how we thought it would be. We find out that it's not what we wanted after all!

This does not mean you don't have an ideal path, or a grand plan you wish to follow. It does not mean you should give up on your goals or vision. I've certainly had goals that I have reached and others that I would still love to see come to fruition, goals that I have worked hard for and continue to diligently work towards. Even when sometimes the "fruits" seem slow to appear I remain focused and clear. There comes a time when I may need to tweak my vision or change my approach. I may need to shift gears or learn from my past choices to improve my results. I've learned to be comfortable with modifying and shifting the goalpost. Mostly, the goalpost shifts for the better, even though it may not feel like it at the time.

Having goals and a vision is important. However, the PLAN or your goals DO NOT DEFINE YOU. They do not make you more worthy and valuable! Nothing you do can make you MORE or LESS of a person. You are inherently worthy by being alive. Nothing you *acquire* or *lose* makes an inkling of a difference to your worth.

### **Here's a story about EGGS:**

Imagine that you have a basket of lovely eggs and each egg represents a goal, which you have associated with value, worth, success and happiness. As you move through your life's journey, you have a clear set of goals in sight. You want to own a house, be married, and have at least two children by the age of 32. You also want to have a fulfilling and successful job and be financially stable and be healthy. However, you are now 33 and life has not gone according to plan. You may feel as though you have failed. You compare yourself to others and you see that many of the people around you have what you want. You feel inadequate, you feel LESS, or more simply, you haven't got what you think you need for your life to be right.

For example: When you started your journey, you had six eggs in your basket that you had been nurturing. These six eggs represent your desired goals. Once the chicks hatch, that

would indicate you have achieved your goals and life will be perfect. However, life has not gone according to plan. Three of the six eggs have delivered baby chicks, which represent three achieved goals coming to life. However, the other three eggs have either been damaged along the way or have simply not hatched yet.

### **The 3 hatched eggs represent the achieved goals:**

- 1) You own a house;
- 2) You have a fulfilling and successful career; and
- 3) You are healthy

### **The 3 unhatched eggs represent the unachieved goals:**

- 1) No children;
- 2) Not married;
- 3) I have the house. However, I am now financially stretched, therefore not feeling as financially stable as I would like.

If you allow societal and family beliefs to rule your life, and if believe your worth and value is dependent on achieving your goals, then I can see that you would PERCEIVE yourself to be a failure if you do not achieve all of your six goals. Instead, you will need to modify and upgrade your beliefs to be able to view your situation in a way that provides insight and opportunities that you may not be able to see when blindsided by the meaning you have attached to your currently unfulfilled plan. You may have fabricated a story or “script” that is creating more angst and pain than is necessary.

The reality is, right now, you are not as financially established as you would like, nor are you married, nor do you have children YET. You may in time or you may not. However, you are still able to have a great life regardless of the outcome. If you believe that your life is not rich and meaningful until you have children, then of course, you will feel unfulfilled, hopeless and unhappy. Instead, you have been given an opportunity to experience an alternative path that is special in other ways. You get to travel and invest in yourself. You have time to meet someone that you may be more suited to. You get to sleep in and do what you want when you want, and so on.

Regardless of the fact that you have or have not achieved your desired goals or whether or not your life is going the way you envisioned it, I encourage you to modify the plan and make the most of your situation.

As the saying goes, if you get lemons make lemonade! And to complete my egg analogy, if along the path you break or damage the eggs in the basket, then make an omelet or a Pavlov. Transform a negative situation into a positive one.

The way your life is right now is right for you because it’s part of you. Learn from your life events and your life choices and LIVE THE LEARNING!

And don't allow your ideal life plan to get in the way of your love and dating success – sometimes the plan needs to change. And while you're caught up in the past or your ultimate vision, you may be blocking real love or putting unnecessary pressure on yourself and/or the relationship.

Having said that, if you are currently in a relationship and you would like to get married or have children and your partner is not committing to you in the way you would like, then I suggest you revisit the L. I. P. S. method to see if there is anything you're doing or not doing that is blocking love and commitment, or find someone who has the same life vision as you. If your life values are *not* consistently overlapping or, ultimately, you want different things, then plan A is most likely still possible, that is, when you're clearer and more honest with each other. It may then be time to build more intimacy or time to move on.

Sometimes, we can love someone and still have a very different life plan. This is the time when you should ask yourself, “Is being with this person more important than living by my values? Am I HONESTLY willing to give up on what I have always wanted for this person? Can my life still be greatly enjoyable and rewarding if I stay in this relationship, even though it doesn't look exactly like I had imagined?”

Each of you will have your own unique list of goals and dreams that you believe you need to be successful and of value. It's up to you to discern whether your goals are realistic, unrealistic, and fantasy driven.



## 12

# Eradicate Guilt & Regret to Forgive For deeper Connection

*Guilt serves its purpose only for so long*

When you feel guilty, you believe that you should not have done something, you made a mistake, or you did something wrong. Regret is having the wish to change something that has already happened. Feelings of guilt, regret and blame can be carried around for a lifetime and can be a prickly thorn in your side. It may also be the reason why your relationship is suffering.

Guilt normally sits somewhere in your consciousness and/or subconscious. It will either be a dull niggle or a consistent and noticeable poke! Guilt can be draining and destructive on so many levels and can certainly prevent you from loving, engaging in life, and feeling good. Guilt and regret can put a damper on all that you do. This feeling can infiltrate into dating and a relationship and certainly veil your inner sparkle, hindering your ability to connect and attract what you value into your life.

When you feel guilt and regret, that can only mean that you have a conscience. It means you have a moral code that you may or may not be in alignment with. Living with guilt and regret also means that you are not forgiving yourself and could be inaccurately interpreting events that have taken place in your life. A new perspective and healing is required to overcome these emotions. When we are guilty or regretful, we are locked in our minds. We are not living from our hearts and trusting the process of life. When we step into love, into our hearts, we lose the need to judge others and ourselves. We are able to soften and access forgiveness.

**The long and short of guilt and regret** is that you (or someone else) decided to take a certain path or made a decision to do something **for a reason**, and because of the resulting unwanted outcomes, you now feel guilty or regretful or angry and unforgiving. Everything you do is driven by your wants, needs and values, which encompass your beliefs. These beliefs, are greatly influenced by your self-worth. All of these factors will determine your **intentions** behind

your actions. When you or someone else makes a decision, you make that decision because you believe that it is “right” **at the time**. When we do things that are driven by fear, lack of self-worth, insecurities, lack of understanding and knowledge, we tend to do things we regret.

Guilt and regret are like any other emotions, they’re a message for reflection and learning, which is necessary for you to, **a)** understand the reasoning behind your choices; **b)** be able to do things differently in the future (if applicable); and **c)** to forgive yourself and others.

A wonderful exercise to address these feelings is to write down all of the reasons why you did what you did or possible reasons why someone else did what they did (that is if you are not able to ask them or if it’s best to not contact them).

As you discover the reasons behind your/their actions you will see that based on the information available to them or their perspective at that time, you or they **could not** have done anything differently. **Otherwise, you/they would have!** Hindsight is fabulous for the present and your future. Nobody can change the past and you will only hinder the forgiveness process if you think that you could or someone else could have done something differently! This is a very critical part of the forgiveness process, not only when forgiving yourself, but also when forgiving others.

Realizing that you or they could NOT have done something differently **at that time** does not condone your or their behavior. I suggest you do not hide behind this new mindset. Take responsibility for your actions and learn, and then *live the learning*.

### **Example A:**

I should have communicated earlier that I was not happy in the relationship, rather than cheating and hurting them.

### **Learning:**

I didn’t communicate my concerns regarding my dissatisfaction in the relationship because, at the time, I didn’t know what I wanted and I was fearful of losing my partner. I now realize how painful it was for my ex. Instead of sharing my thoughts, I sought attention and appreciation elsewhere. If I could have done things differently, I would have. Now, with my new understanding, I realize that if I don’t communicate my concerns the relationship cannot grow and develop. I didn’t know what a healthy loving relationship was.

I forgive my ex for not loving me the way I needed to be loved. He didn’t know how to. I forgive myself for cheating, for being dishonest, and not communicating clearly.

I have forgiven myself for various things in life and will no doubt continue to do so. I have also been forgiven as I have forgiven others. When we have love in our hearts, we are able

to move through life more easily. When you accept and love yourself you will also be able to be gentler and kinder to yourself and also not take other peoples actions to heart so easily. Love for one's self is inclusive of self-worth. Your understanding of worthiness will greatly determine the overall love and connection you experience in life! *Life is perfect in its imperfection*, or as they say *life is imperfectly perfect*. When we forgive someone it does not mean that the relationship will go back to how it was. You may need to rebuild the relationship or end the relationship and cut the ties. It will depend on the situation. Forgiveness allows you to let go of resentment and revenge towards another person. It also enables healing and gives you peace from the inside out.

### **Example B:**

You blame your ex for being physically abusive and controlling. Even though the relationship has ended, you still feel angry and misled. You blame him for hurting you and for wasting your time.

You can continue to blame him or you can forgive him for their ways. By forgiving, you set yourself free, allowing yourself to heal the scars, rebuild your confidence, and reinstate your self-worth. You may never see this person again, but that is fine. However, from a place of love and healing, you can further break the ties, as I suggested earlier.

a) Write down all the hurtful things he did. Then write down what may have taken place in his life for him to behave in the way that he did (or does). Most people take others' behavior personally. That is something about you that made him cheat on you, lie to you, and withdraw from you.

### **For Example:**

- ❖ **Controlling:** "I cannot go anywhere without them knowing where I am and who I'm with. I cannot move things in the house and must do things a certain way."

He/she came from a controlling family and this is how they have learned to deal with life when people don't do what they want. Their mother was very strict, as was their father. They have a very strong "right" and "wrong" way of looking at things in life.

They have learned that when they feel in "control" they feel better, when things or people are of out of their control they feel less worthy, less powerful and/or lacking in their life.

We can all do this on some level; however some people take this to the extreme. IT'S NOT ABOUT YOU.

- ❖ **Emotionally and physically abusive:** Their father used to abuse him/her and they have learned to be abusive rather than learning to understand and communicate their emotions and the things that annoy or trouble them. They use abuse for power, manipulation and control. They confuse power-struggling with personal-power. They have not faced their past pain and are not consciously addressing their abusive behavior. Being abusive makes them feel better. They may be regretful afterwards, but whenever they abuse somebody, it gives them something they believe they need (i.e., power and control). IT'S NOT ABOUT YOU.
- ❖ **Deception/Lied:** Because their father was abusive, they would get into trouble for almost everything they did. They have learned that they are not safe to tell the truth and be honest. As a coping mechanism, they learned to pretend in order to be accepted and to stay safe. They do not feel worthy and comfortable being real and honest. IT'S NOT ABOUT YOU.

b) In addition, you may also regret that you stayed in the relationship for so long. I highly recommend you forgive yourself for staying in the relationship.

Here is a list of the reasons why you may have stayed in the relationship, which will assist you to forgive yourself.

- ❖ **Love:** I believed they loved me.
- ❖ **Exciting and fun:** I found them alluring and fun, and I believed what they told me. I was attracted to their personality. I did not look at their character as I did not know the difference.
- ❖ **Lacked self-worth:** When we met I was not very confident, nor did I feel worthy. Because he was jealous and controlling, I thought that it meant he cared for me. I took the abuse personally, which stopped me from leaving the relationship.
- ❖ **I believed they would change:** They told me that they would change, which encouraged me to stay. At times, they got better. However, after a short period of time their usual ways would resurface. I kept hoping that what they said they would do would come to fruition.

## Lessons Learned:

- ❖ I have learned that, because of my insecurities and lack of self-worth, I stayed in the relationship.
- ❖ I believed that they would change, but I have learned that if no real change takes place, then I must address the situation sooner.
- ❖ I now realize that controlling and manipulative behavior as well as physical and emotional abuse are deal-breakers.
- ❖ If someone says they love me and then abuse me, then they do not love me in a healthy way and they do not love themselves.
- ❖ Even though they did care for me the best way they could, they were distorted and troubled in their ways, and they were emotionally very unhealthy.
- ❖ I now know what a healthy relationship looks like, and I am worthy of a loving and supportive partner.
- ❖ When I am not emotionally healthy and I'm unaware of this fact, I can attract drama into my life.
- ❖ When someone puts me down or abuses me, it says more about them than it does about me.
- ❖ While I am blaming my ex I am not taking responsibility for myself and the way I contribute to a relationship.
- ❖ I realize that I was placing my worth and value in the hands of another person. I, like them, need to build my own personal foundations so that I can go into future relationships being in a "healthy" place. I am worthy of healthy love!

## Forgiveness:

I forgive my ex and I forgive myself. Even though the relationship did not offer me *healthy love*, I am able to step back and realize that my ex did the best she/he could at that time. They do not need to change for me to forgive them. I also forgive myself for staying. It made sense to me at the time, and the relationship was satisfying a part of me that was distorted and hurting. This place of forgiveness is where I need to be to move forward and change my life.

No matter how painful a situation has been for you, there are valuable lessons in everything that happens to you in your life. Perhaps your experience, once shared, will help those who are going through something similar. Hopefully, this time around, you'll be aware of the signs of an abuser and not be in relationship like that again. Maybe it gave you the gift to believe

in yourself and stand up. You cannot change what you did in the past, but you can make changes in your life today.

I highly recommend you recognize any guilt and regret you might be carrying so that you are able to forgive AND MOVE ON. This act of forgiveness will greatly assist you to release unnecessary anguish and pain.



## 13

# What Part Did You Play?

*How have you contributed to your relationship challenges or breakdown?*

The reality is this: there is your story, your partner's story and the real story! We all have our own perceptions on reality that may not be accurate. It would be lovely to think that we are perfect and that we have done nothing at all that contributed to the breakdown of a relationship. If it's their fault, you don't need to reflect, change or grow. You can just point your finger, be the victim, feel hard done by and wallow in your misery.

While we are blaming and condemning others for their so called wrongdoings, we are not taking responsibility for our very selves, which *isn't doing* us any favor! I'm afraid to say that if you don't look deeper and be honest about your own shortcomings or personal character traits that may have contributed to the breakdown, I can assure you they will come with you on your travels to what you hope are "greener" pastures. What kinds of behavior have been robbing you of a healthy relationship? Sometimes they are obvious, other times they are hiding...

Unhealthy behaviors can be viewed from two perspectives:

- 1) **More obvious (possibly aggressive)** – Examples: You suffer from anger and mood swings. You fight dirty, manipulate and regularly lie. You put your partner down. You are physically and verbally abusive.
- 2) **Less obvious(possibly passive)**- Examples: You pretend that everything is okay. You allow yourself to be controlled. You stay in a relationship due to lack of confidence. You are emotionally withdrawn. You don't communicate your concerns.

This process of self-reflection is not to make you wrong (or right). It's a process to assist you to gain knowledge about yourself so that, in the future, you can do things differently and initiate

change. Work on recognizing how you have contributed to your relationship breakdown and/or what kept you in an unhealthy relationship for too long.



## 14

# Fear of being hurt, AGAIN!

*Face the hurt. Don't hide from it*

Feeling hurt is pretty much part of life. However, you can choose to learn from the experience or let it control or defeat you.

I am a huge advocate of empowerment! I encourage you to face the issues of your past failed relationships or current relationship with wonder and intrigue. Finding empowerment and strength in adversity is crucial for recovery and emotional resilience.

No one can guarantee that your next relationship will be better, but every new experience provides an opportunity for expanded knowledge, perspective and clarity. What I do know is that when you have a strong sense of worth and you know what you want out of a relationship, it is highly unlikely that you will be in an unhealthy relationship for very long. When you have invested time into your recovery and healing, you are no longer the same person. You'll be able to see and navigate your way through your future or current relationships a lot more easily. As I explain in the Chapter, 'Is Your Past Robbing Your Present?' when you fear of being hurt again, it may be a fresh hurt that you have not processed. However the emotions and turmoil you are feeling are most often linked to past unresolved pain or insecurities. The past, present and future manage to get all jumbled up together!

If you have just broken up with someone, you may not feel ready for a relationship, which may be understandable right now. However I encourage you to remain open to love, intimacy, and connection. For some people, this feeling of not being ready can last for years or decades. If you have not been feeling open to a relationship for an extended period of time, **you have simply not committed yourself to the healing process**. Have faith that there are wonderful, kind, loving and special people in the world. The more personal development you do,

the less concerned you'll be with getting hurt. **It is your interpretation of life events that causes more pain than the event itself.**

When we are vulnerable, it is true that we put ourselves out there, which makes us open to being hurt or let down. However as the Ana is Nin's quote states, "*There came a time when the risk to remain tight in the bud was more painful than the risk it took to blossom*". I strongly believe that, in a multitude of ways, it's depleting and draining to remain closed to intimacy and connection than it is to be open and vulnerable. And yes, the next relationship you engage in may not work out, but who's to say that the next one won't, or the one after that?

No one wants to feel hurt, rejected or let down. However, as I mention throughout the chapters of this book, your emotions and your behaviors are a reflection of your beliefs. As a result of a breakup, what you are thinking and believing may be distorted and stopping you from healing, which will add to your fears and keep you stuck in the pain. You are worthy, which certainly means you are worthy of love!

**Don't reject yourself first!** I encourage you to allow others to reject you first! This philosophy applies to love and life in general. I will give you an example in the area of career:

Imagine that there is a more senior position at work that is available and you are interested in the position. You believe that you do have leadership abilities and are capable. However, when you compare yourself to your colleagues, you think that others may be better suited. Because of this, you decide to not apply for the position. You reject yourself first! Who's to say that you are not perfect for the job? You don't know who or what they are exactly looking for. You could be the perfect candidate. Why not let them "reject" you first?

If you don't get the job you apply for, ask them why you were not successful and LEARN from it. Maybe you need to acquire or develop certain skills or improve in certain areas. Perhaps there are more suitable positions coming up in the company for you. Perhaps the position doesn't offer professional growth and you decide to look for another position elsewhere. Either way it goes is perfect for you; you will either get the job, decide that the position was not what you thought it was, or have an opportunity to grow and develop.

The same philosophy applies to fear of love, fear of being hurt and fear of vulnerability. It's all an emotional and limiting game we weave, a self-worth game! AGAIN, Don't reject yourself first! Let others "reject" you first. It's your interpretation of the outcome that matters.

**Below are two scenarios showing different ways to move through adversity:**

- a) = **Limited by your beliefs**; this way of thinking will create more angst than necessary and keep you stuck in a rut.

b) = **You have challenged your beliefs**; you are resilient and ready for love and all of the wonder and learning it brings.

## Here are some examples of ‘a’ and ‘b’ thinking:

### Example 1

- ❖ I will never allow someone to hurt me again. All men take me for granted and I’m done with relationships. Why bother even trying?! Almost all of my relationships end the same way and I can’t see how it could be different. They are the ones with the problem, not me! I would rather be alone forever than be in that situation again.
- ❖ Now that I have taken some time to get over my last breakup, I feel that I have learned so much about myself. I realize that I have chosen similar types of men. I was dating men who were lost and confused. I wanted to help them and to be their strength. This is how I had learned to feel good about myself and worthy. As long as I was giving or trying to “fix” someone, I felt valued. In the end, I would get hurt as I gave much of my energy and time with little in return. I am happy to support my partner, which is an important part of a relationship. However, I do not want to be someone’s therapist and lifeline. Now that I am stronger and healthier, I no longer need to be anyone’s savior, or to “fix” anyone. I look forward to meeting a loving, healthy-minded man to spend time with. Who knows if it will work out? However, I am willing to give it a go.

### Example - 2

- ❖ All the relationships I’ve had start off well. Then, by about the second month, the guys would end the relationship. I feel misled and unappreciated. I must have been doing something wrong. Or maybe I’m not pretty enough or perhaps I’m not the kind of woman men like. Or maybe there are no good men out there. I’m obviously not a person that is lucky in love. I could not be bothered with dating as it all turns to crap.
- ❖ This is the fourth relationship that has ended this way. There is a pattern running. I have had some time to have a good look at these relationships. I now realize that I was becoming very clingy and controlling. No wonder these men were running away! On top of that, I’ve been attracted to men who are unreliable and the charming type. I was becoming more anxious as the relationship progressed and taking their unreliability personally. In the future I will need to discern if I am being clingy and needy, if I am trying to control the situation, and if I am unnecessarily doubting myself. Relationships and dating can be disheartening. However, they can also be fun and exciting. They can lead to something special. I am going to take things much slower. Now that I am aware of my neediness, I will be able to address challenges that surface more effectively. I am

going to take my time to get to know the man that I am dating. I'm going to find out what he values and whether he is a man of good character — considerate, reliable, and kind? I realize that I have been focusing on what they think, rather than paying attention to what I think.

There is no certainty about ANYTHING we do. Life is uncertain and no one has a crystal ball, so embrace the unknown in relationships and embrace self-learning. After all, learning is one of the best rewards of being in a relationship.

Hurting is part of being human so learn how to process the hurt rather than trying to avoid it or suppress it. The more you understand the hurt, the less hurt you will experience. Live for today, not in fear of what might or could happen!



## 15

# Who's LOOKING!?

You're gorgeous, and it's time to believe it!

*Are you worthy and deserving of love?*

Throughout 'Never Lose Him,' you may have noticed that I frequently refer to "self-worth." It never ceases to amaze me how many people believe that they are not worthy! Most people think that self-confidence and self-worth mean the same thing. The truth is, they do not.

This chapter is what I call the GOLD of life, and certainly the "gold" of relationships and fulfilling and committed love. Earlier on in chapter 2, I wrote about L.I.P.S., and the last point I shared was 'S', for Sexy and Savvy. If you take the time to really understand what I share in this chapter, the rest will be a breeze. Once you understand your worth, you will understand love and attraction. You will naturally become far more sexy and interesting. Men will want to be around you and you will certainly not spend time with men who are not "quality men." And once you consistently realize your worth, you will not only be a more attractive woman on the inside and outside; you'll save yourself a bucket load of cash and time by moving yourself away from trying to be sexy and desirable in a superficial way. Superficial sexiness goes nowhere. The man in your life is going to WANT to be with you, not just because he CAN, or when he feels like it.

For some years I have been running a successful workshop that solidly focuses on self-worth and how our understanding of worth greatly affects our emotional, mental, spiritual and physical wellbeing. In groups as well as with my private clients, I teach a unique and powerful method that quickly and effectively addresses the very real issue of self-worth, or the *perceived* lack thereof. For some people their lack of self-worth is heavily ingrained. For others, it is less so. Reconnecting with your self-worth is the no. 1 step to overcoming *any* challenge that you have and to feel and be beautiful from the inside out! Attaining a good understanding of self-worth and your value will change the way you experience your life and relationships forever.

***How many ticks and gold stars do you need to feel worthy? How many goals do you need to achieve to feel valuable? How many compliments and acknowledgements are necessary for you to feel good enough? The answer is NONE. You are worthy by being born and being alive. It's that simple. Your worth is your intrinsic right. You and I are inherently worthy! Everyone is!***

In societies across the globe humans have very successfully been conditioned to believe that we must “do” or “be more” of something to be worthy. Maybe you feel as though you need to act a certain way, have certain material possessions, be able to do certain things, or look like a movie star to have worth or value. Self-worth is not complicated. We are ALL worthy, valuable, and capable of contributing to society. When you do not recognize your inherent worthiness and value, there is no doubt you will be restricted and limited in almost every area of your life (if not all areas).

You might be wondering why self-confidence and self-worth are different. Again, your worth cannot change. However, your level of confidence or esteem can. For example:

- ❖ You might be wonderful at history 9/10, yet not great at sport 4/10
- ❖ Maybe you are confident in your career 8/10, yet you lack confidence when dating 3/10
- ❖ As a parent you feel fairly confident 7/10, yet physically you feel unattractive 2/10
- ❖ You like your legs 9/10, yet you really don't like your breasts 3/10

If you were to you rate yourself in all areas of your life, you will see that you are not the same in every area. In some areas, you may feel pretty good. But in other areas, you may feel rather unskilled or lacking. That is life. If you wish to develop or change yourself in those areas, that's great. However, it will not make you MORE worthy. Remember you were born 100% worthy. It does not fluctuate or change.

What does fluctuate are your ABILITIES. We all have different attributes and strengths. Just because you're not great at sport does not mean you're less of a human being. You simply may not be great at sport. When you innately know that **you are worthy and valuable, your confidence will tend to rise across the board.** When that happens, you won't care how good or bad you are at something. You'll be able to accept it and give it a go anyway. Just do the best you can. You might actually surprise yourself and get better at it because you're no longer judging yourself or comparing yourself to anyone else around you or in your life.

The same can be applied to dating, relationships, communication, lovemaking, cooking, singing, flirting, dancing, career, etc. When you feel worthy and **you KNOW you are worthy**, you are more adept to address emotional blocks and grievances and move through life with a sense of **inner peace** and much more ease.

Do you see how powerful and freeing this is for you? Your ability to connect and to love as well as your attractiveness is in **your hands**, and so is your understanding of your worth. No one can make you more worthy. No one can add to it or take it away! You are the keeper of your worth and it is **you who has the power to connect or disconnect from it**.

The reason I called this chapter ‘*Who’s Looking*’ is because many of us spend so much time seeking the approval of everyone around us. We wonder what people think of us. We often ask, “Do they like what they see? How will they treat me?” We tell ourselves that maybe life will be better and we’ll be happier if we have what others have. This normally starts off during our childhood and moves with us into adult life and into our loving relationships (as well as every other relationship). From a young age, we tend to seek approval (our worth) from our parents, and at school we seek approval from our teachers and peers. As explained above, once you know that you are worthy, all of this comparison and rating will no longer affect you as it has done.

And if you want to be successful in love and relationships and be attractive from the core then this chapter is crucial as it’s the cornerstone to your happiness and LONG-LASTING ATTRACTION.

**This is normally how the WORTH game works, because in many ways we do PLAY an emotional GAME with ourselves!** *(Remember, you are the keeper of your worth. YOU hold the key.)*

- ❖ If you tend to be argumentative when upset, your behavior doesn’t make you more or less worthy than you inherently are, though the behavior may certainly be ineffective and taking you away from intimate love. Ask yourself: Would I be abusive and would I yell as much as I do if I felt more worthy? Most people abuse others and/or themselves because their self-worth is low and they are trying to feel more worthy. By saying nasty things and putting others down, they feel more powerful and in control, therefore they feel “**better than**” the other person and more worthy (at that moment). Even though this behavior is damaging for all people involved, the abuser is unlikely to stop until they have actively worked on addressing the distortions in their perceptions; their urge to control, their feelings of lack, their overpowering emotions, and their reactive behaviors.

They tend to not have a healthy understanding of love and they certainly have little love for themselves.

- ❖ If you are shy, withdrawn and anxious or you find it hard to communicate or ask for what you would like, you must realize that you are still worthy and valuable despite the fact that you lack confidence and are a poor communicator. Generally, an insecure/shy person protects their sense of self-worth by not communicating. This way, they can stay in their perceived safe zone. Their fear of being judged or rejected is overwhelming and overrides the change they desire. If you believe that you are inherently worthy and of value, then it's more likely that you will find it easier to communicate and connect with others.

**In addition, if you have low self-esteem and low self-worth you will tend to take EVERYTHING personally –**

- ❖ If you have low self-worth and you start dating someone and they tell you that the relationship is over or that they are not yet “ready,” you will create a dramatic story in your mind about what that means. You might start thinking that you are not good enough, that NO ONE will love you or that you are hopeless, etc. The reality may be vastly different: They may not be in an emotionally good place for a relationship. Maybe you don't have much in common and wanting different things in life. Perhaps they didn't think they were good enough for you. And the list of reasons goes on. Of course, there may be aspects of you that need some work (we all have this). However, there are many reasons as to why a relationship does not work, and this **does not affect your worthiness!** (*see chapter on Rejection*)
- ❖ If someone is often late when meeting up with you, or sometimes does not turn up at all, you might think they don't respect or value you enough to be on time or let you know that they need to change the plan. If you look closer, you may very well see that they are often late and unreliable in general and with most people. If that is the case, they are most likely not good at time management, which is not a reflection of you. I understand that this kind of behavior can be frustrating. However, if you believe their behavior is a reflection of your worthiness, you will take it personally and be hurt. **How they treat you is about them and how you deal with it is about you.** I am not saying that you condone it. No one likes to be stood up, not called, or misled. However, it says more about their character than anything else. Even if they are not interested in getting to know you or to keep their commitments, then their behavior leaves little to be desired. You may want to

ask yourself if this is the kind of person you would like to be in relationship with (or in a friendship with).

- ❖ If someone is rude to you, you may think that there is something about you that they don't like, when in fact it could be that they are unhappy or having a bad day and they tend to take it out on other people. **It's not about YOU.**

**When you KNOW you are worthy *AND THAT YOU ARE*, the following tends to happen:**

- 1) Life is much easier and there is a sense of flow.
- 2) You will feel more confident and less concerned about making mistakes. We all make mistakes and you are no less because of them. Learn from them!
- 3) You will decrease your unhelpful head-noise (internal chatter) and self-doubt.
- 4) Your fears and insecurities will have less impact and will no longer stop you from creating change and taking action. You will find the courage to step out of your comfort zone.
- 5) You will not take things personally. You will know that the way people behave is more of an indication about them than it is about you.
- 6) You will have much more energy and joy as you spend significantly less time wondering 'Who's Looking' and who's judging you, and less time comparing yourself to others, etc.
- 7) You will have an increased ability to love and connect.
- 8) You are able to overcome challenges much more effectively.
- 9) You are able to be more open and honest.
- 10) You are less fearful of being vulnerable, hurt or rejected; you know that you are worthy regardless of how people treat you or what happens.
- 11) You will feel more grounded and solid and connected to all living things.
- 12) You are able to be kinder and more understanding to yourself and others.
- 13) You will be able to address challenges graceful and powerfully.
- 14) You will not feel the need to be right all the time; you are able to agree to have a different view or perspective to others, or be open to see things differently.
- 15) There will be no need to power-play or struggle; you can stand in personal-power.
- 16) You are able to carve your own path and you no longer look for constant validation and acceptance.
- 17) Although it's nice when others change in our favor, you now know that you are the key to change. It's in your hands.

About three years ago, I had a client who married her husband (now ex-husband) because all of her friends were getting married. She felt that, if she didn't get married, she would be left behind. She married a man whom she thought "would do" and had two children with him. Six years down the track, she found herself miserable, having an affair, and struggling with alcoholism. She thought that being single/not married meant that something was wrong with her and that she must be hopeless. She was desperately trying to lift her worth by modeling everyone else.

The outcome was that she felt guilty for misleading her husband and marrying someone she did not love, and she also felt guilty for having an affair. To escape her misery, guilt, and feelings of unworthiness, she turned to alcohol, which then created another set of problems.

As you can see from the above situation, she felt unworthy and less from the start. She then made a decision to marry someone to feel better about herself. She felt even more unworthy and miserable for marrying someone she did not love as she was living a lie. What was messy and distorted to begin with got a whole lot messier and distorted.

Personal development is an ever-expanding industry because stress, anxiety and depression as well as divorce is on the increase, and people are starting to question the meaning of life. Life is moving faster. Technology is skyrocketing and we are bombarded with so much information that tells us what we should be doing and not doing in order to be more and feel more — from vacations, to plastic surgery, cars, handbags, etc.

Technology and social media are great for many reasons. People compare themselves and their lives to their friends and complete strangers, which can be inspiring and motivating for some. However, for those who are insecure and self-doubting, technology and social media is likely to increase someone's lack of confidence and self-worth.

When you feel unworthy, the way you deal with feeling *less* will surface in a myriad of ways. Each chapter of this book reveals that your *perceived* lack or someone else's *perceived* lack of self-worth can prevent you from having a healthy loving and connected relationship.

You ARE worthy, deserving and valuable! The more connected you are to your "inner sparkle," the sexier and more attractive you become.



## 16

# Is your PAST robbing your PRESENT?

*Your childhood and you recent past may be hindering your current relationships far more than you realize...*

If only the past would stay in the past, that would be very nice indeed! Reality check: Your past can rear its ugly head in all of your relationships, not only the lovey-dovey ones, if not attended to properly.

Some time ago, a gentleman shared with me that, when he was about 14 years of age, he very much cared for a girl. He was besotted with her and loved her dearly, and she abruptly ended their teenage love. He was devastated and started to not trust women from that age. Over the years, he tried to engage with other women, yet felt very uncomfortable and vulnerable. Instead of working through his challenges and self-worth issues, he ended up avoiding women. As a result, he started to spend his time with men. In his late teens and early twenties, he became interested in men and has now been in relationships with men for over 20 years.

I was intrigued by this story! It is very interesting the way his past pain influenced his life decisions and potentially his sexuality. Who knows if down the track, he would have ended up with men, or maybe he would have appreciated both sexes, and possibly only women? There is no definite answer to that. However, what he does know is that this unhealed rejection certainly affected his ability to emotionally connect with anyone for some time and certainly females.

One of my own childhood experiences that affected me in my earlier dating years was in relation to my father. My father is a very gregarious man, rather extraverted and lively. However, when I was younger, he was not particularly demonstrative with love and affection, and was rather military in some ways. Even though he is much gentler and loving now, he wasn't in my developing years.

As a result, over the years, I found myself attracted to men with big personalities and the personality would hook me, though on a deeper level, they may not have been able to offer me

what I really needed. This was something that I addressed when I was in my early and mid-twenties, when I realized personality alone was not enough!

What conditionings were you exposed to that have had an impact on your life to date? If you come from a controlling upbringing, or an abusive upbringing, you may very well be bringing those behaviors into your current relationships.

For example:

- If your mother was a nitpicker and rarely happy with your efforts, you may not only be nitpicky or hard on yourself, you may also be giving your partner unnecessary grief, too.
- If you were chastised for speaking up or for sharing your thoughts, or if your mother or father avoided addressing their concerns, thoughts and feelings, then you may have adopted this way of being, too. All good relationships grow and develop through clear, graceful and timely communication. If you have fear around conflict, which is essentially communication, then you may not be effectively communicating in your relationships and unnecessarily sweeping things under the carpet.
- If you were adopted or someone close to you died, or your mother or father left while you were growing up, or you have been through a difficult breakup, then you may have abandonment, intimacy or trust issues that are filtering into the very relationship you would like to develop and nurture.

Some people are very aware of their upbringing and are very quick to tell you all about their childhood woes. If you are guilty of this, then I suggest it's time to forgive and take responsibility for your life. YOU hurt YOURSELF by doing this! Punishing and blaming yourself or others will not bring you joy. You must be the change.

Take a moment to reflect on your past and present relationship difficulties. If you are finding it difficult to access this information, you may want to ask friends and/or family if they would be open to sharing their thoughts with you about you, as you may not be conscious of some of your unhelpful and possibly destructive behaviors and quirks.

**Take note:** If you are going to ask others their perspective, then you need to be prepared to digest the feedback with dignity, wonder, and grace. Whether you agree with them or not, you asked for their opinion, and maybe they are sharing something about you that you have not until now been aware of. Whether in agreement or not, be gentle, open-minded, and excited to learn about yourself.

Humility and awareness are the first steps toward change. I encourage you to use your past in a way that benefits you rather than suppresses or hinders your ability to love and connect.

It really doesn't matter how your father, mother, sister, brother, cousin, ex-husband, teacher or friend treated you, what's important is that you know how you want to be treated today and how you treat others. Blame is fruitless – why would you want to spend your time on earth pointing the finger at someone else or not living in a way that manifests joy and love?

If someone who has a drinking or drug problem spends a lot of time using the past as an excuse for who they are today, they are shirking responsibility. They are not willing to let go of the story in order to grow and live from a place of love. They are still in the fight, the drama. They're still in the past.

May you have the courage to consciously change the story you have attached to your experiences. It's time to put in a new DVD, one that supports you today and your future. Your DVD is your story, like a movie you keep playing over and over in your head.

Here are some examples of some past DVD stories, or what I call your "Script", and I also provide ways to rewrite your "Script". Firstly I have outlined the present issue and shown you how your script is moving you either; toward or away from love:

<b><u>Relationship Challenge #1:</u></b>	
<p><b>Tory is in a relationship with someone who loves her, yet she's always "doing" things to feel more worthy-- cooking, cleaning, washing, buying things, and always giving. She rarely suggests things to do or makes plans in the relationship. Tory waits for her boyfriend to make decisions all the time and she almost never shares her feelings or thoughts. He has shared that he finds it challenging when she doesn't speak up about what's bothering her. He also feels as though he has to make all the decisions-- where to go to dinner, what to do on the weekend, what movie to see, etc.</b></p>	
<p><i>The old script below describes Tory's childhood story, a story that is distorted and does not support her current life. The New Script is a more accurate and healthy way of looking at the situation.</i></p>	
<b>Old Script</b> ⇒⇒⇒⇒⇒	<b>New Script</b>
<p>My mother was so mean to me when I was younger because she didn't like me. I was never good enough, and I felt as though something was wrong with me. I feel as though what I say is not important and no-one really cares about what I want. As long as I am making others happy, then I won't be a bother.</p>	<p>I now realize that my mother was not nice to me because she was jealous of me. I also reminded her of my Father who left her when I was very young. Even though she loved me, she was terribly troubled and she treated me this way to feel better. It's not about me. I am smart and have a good mind and I like me. People do care about me and what I have to say. I do not need to "do" stuff all the time to be accepted. It's okay to share my thoughts and feelings, and it's also okay if others don't agree. I am lovable and loved.</p>

**Relationship Challenge #2:**

Recently Alexandra met a new man, and because he is very nice, she feels uncomfortable. Being with someone who is kind and considerate feels foreign to her. She is thinking of ending it because she's not used to someone being attentive, and she's confusing his kindness with neediness. Instead of feeling grateful and joyous, she feels overwhelmed.

*The old script below describes Alexandra's past script, the story she created about herself as a result of the unhealthy relationship she was in. The new script paints a more accurate picture of her situation.*

<b>Old Script</b> ⇒⇒⇒⇒⇒	<b>New Script</b>
My ex-boyfriend put me down and told me I'm useless and not worth it. For someone to treat me this way must mean that I am not deserving of love. I must do things that make him treat me this way. No one will love me as I am. People who are nice are usually out to hurt me.	My ex put me down and played emotional games with me because he actually doesn't like himself. I now realize that I let him treat me this way. I am valuable and I have learned that the way someone treats me says more about them than it does me. I am deserving of healthy love. Now that I believe in me, I am open to love. There are kind and good people in the world, and I am deserving of a supportive and kind partner. People who care about each other look after each other and are consistently loving and thoughtful.

Now it's your turn to break down some of your *scripts* and create a new script, a new life-script or LOVE-SCRIPT. Choose a story that you've been holding on to or something you think about that niggles at you. You may have little understanding as to how it's been negatively impacting your life and loving relationships, or all of your relationships. Give it a go. Get a piece of paper and try it!

It's time to let go of the past and live for today! The past is gone and the present is here right now.



## 17

Notice what you are focusing on...  
and watch it expand!

*Focus on what you want, not what you don't want...*

There is a well-known philosophy that states, “What you focus on expands.” This metaphysical mindset is nothing new. However, it relates to the law of attraction, which has been highly marketed over the past 7 years. If you do not have awareness around this, then this “way” of looking at various aspects of your life will be an eye opener for you.

What we focus on is directly related to our beliefs, which I have explained throughout this book. Your beliefs are at the core of all of your emotions and behaviors, and in this chapter I would like to explain your beliefs in relation to your “focus”.

For example, if I was planning on buying a new car, and I had a particular make and model in mind, all of a sudden I would see this car everywhere. The car would be in my consciousness. I would be sensitive to this design, and it would pop up frequently along my travels. The same is for your beliefs. If you think you are hopeless, not worthy or unattractive, and then you will focus on interpreting life events in a way that confirms this belief. You would potentially distort, generalize or delete information in a way that confirms your “focus”, your belief.

### ***For Example:***

If you go on a date and the girl or guy does not follow up with you, what do you think?

### **Distorted**

- ❖ They're obviously not interested. No one wants me. I am so hopeless in love. I am never going to meet anyone. I am destined to be single forever.

## Generalize

- ❖ All men want slim, blonde, and busty women. I am average build and men don't want that.
- ❖ All women want successful and charming men. I am too nice and women don't like nice guys.

## Delete

- ❖ You may delete the fact that various men/women have been and are interested in you. However, you have deleted this information as you did not feel the same about them. Because of your neediness and lack of self-worth, you have decided that when a person you like does not reciprocate, there must be something wrong with you and you are hopeless. Maybe they have their own issues. Maybe they wanted something casual and they could tell by the way you acted on the first date that you were interested in relationship and not up for "play." You have jumped to the conclusion that it's all about you, and you have blinded yourself to the other admirers you have.

When we "distort and generalize" information, we cannot see the events for what they actually are. When we are focused on things that are unwanted, we often DELETE all of the good stuff that takes place in our life.

- ❖ **If you think that you are hopeless**, you will perceive everything that happens to you as hopeless. This will be your FOCUS and you'll DELETE the other events that actually prove otherwise. You won't see what you do well, or the things in your life that go to plan. No one is hopeless. Start looking for the actions and events that will challenge your unhelpful thoughts.
- ❖ **If you believe that all men are cheats**, then cheating men will be your FOCUS. You will DELETE (not see) the men that are committed, kind, devoted and loyal. Both men and women can cheat. However, there are women and men who do not.

What we believe becomes our reality. If you feel as though your life is not going to plan or you can't get what you want, I suggest you examine your thoughts to identify ways of thinking that are creating unnecessary obstacles.

If you believe that relationships are painful or that no one cares about you, then you can be certain that is what you will see. That will be your FOCUS or certainly how you will perceive events. Some relationships can be painful. However, relationships can be supportive, loving and fantastic. While you are focused on scarcity, you will not see the beauty and wonder in your life.

I believe that it's important to try and not label your thoughts as bad or good, or positive or negative. They are what they are, and they are either taking you away from the life you want or moving you closer. Challenge your mindset, beliefs and thoughts. There is no need to label them. These thoughts are "interesting" data.

A narrow vision does not allow for new insight and opportunity. Expand your vision and re-focus so that you can move out of distortion and into reality. And dating and learning about your partner is supposed to be enjoyable, not riddled with fear and unhelpful thoughts and stories.

You may need a fresh attitude to improve the areas of your life that are not delivering you the confidence, love, ease, fun, health, etc. you wish for. Gently re-focus and expand.



## 18

# Nurturing you!

*Looking after you is healthy for everyone and the key to love-gevity.*

It does not matter if you are single or in a relationship. It is vital to nurture and look after you and what is important to you. We cannot expect others to do it for us. We need to be able to effectively look after ourselves in and outside of a relationship. (Self-nurturing is also known as self-care). If you are not in tip-top shape mentally, emotionally, spiritually and physically, you are not running at your optimal level of self-honor, and there will be aspects of you that feel out-of-sorts and disconnected. And if you are single and looking for love, looking after and nurturing yourself will benefit you in a myriad of ways.

It is not unusual for a man or woman to enter into a relationship to find themselves months or years down the track, wondering why they no longer have time alone to go fishing, play cards, have lunch or dinner with friends, paint, exercise, etc. It's as though they are caught-up or very snugly cocooned into a relationship that they neglect many aspects of their lives that they used to enjoy.

If you are in a controlling relationship or you often feel as though you put others first, you might like to have a good look at why this is happening. In fact, we always put ourselves first and we do what we do based on what we think we need at the time. Your drivers may be subconscious, although I can assure you that every decision you make supports you in one way or another, as explained in more detail in the upcoming chapter 'Address your Needs & Live by your Values.'

Why do you allow someone to tell you what you can and can't do? Why do you constantly go along with what others want when you actually wish to be doing something else? There is normally something in it for you if you keep obliging or giving in to their requests. It could be as simple as; if you don't say yes, then you will feel bad that you are not supporting them. Therefore, you say yes so that you feel better about yourself.

You will find it hard to change this until you no longer feel the need to accommodate everyone else and make others happy. You will need to change your priorities. On a lighter note, you may have simply let these activities and interests slip, which can also build resentment in the relationship and contribute to your feeling unfulfilled or as though something is lacking. The good news is that you can change this. It's time to reprioritize!

Of course, all relationships require some give and take, so you will need to discern or negotiate what to do and when, especially if you have children. When you don't look after all aspects of yourself and your life, then what good are you to others? Putting in place some healthy boundaries may be necessary. Make the changes needed. Make change happen. At least once a week, prioritize some nice and essential things for you that will support your core values.

If you are single or going through a breakup, this is the perfect time to indulge in you. Engage in activities that are healing, fun, energizing and fulfilling. Whatever you feel you need is what you need to do – dancing, art, singing, running, rock climbing, study, learning a language, having dinner parties, massages, meditation, etc. The opportunities and possibilities are endless.

Once you reconnect with this part of you, it's important to take this into your future relationships. There are two people in a relationship, not one. You may need to learn how to flow together and support each other's interests. Of course, if the activity is obsessive and taking over the relationship, then the two of you may need to negotiate a more workable situation. Nurturing yourself or maintaining your sense of self in a relationship is supposed to be relatively easy and should not affect the relationship. The ultimate goal is to enhance and support it. Being aggressive, thoughtless, and narrow-minded would fall into the category of being self-absorbed or possibly narcissistic, which does not nurture you or the relationship. It ends up being about ego and control.

When starting a new relationship or dating, this clear sense of self is fundamental! A strong sense of self will help you to get to know the person rather than rushing into something. You will have your own plans and interests, and you will not be available every moment of everyday for someone. You will NOT be playing a game. This is not a power-struggle; this is personal power!

Just keep your plans and fit in dates when you want to. When you value your life and yourself, you will not be needy or desperate to get into a relationship. Stay connected to you while being open and warm! Not only does this make you more attractive to a healthy-minded person, it will also set the tone for a healthy relationship.

If you are in a relationship and you are feeling uninspired or as though something is missing, you may have gotten caught up in your togetherness and neglected certain aspects of you. When we lose this sense of self, you may feel frustrated, locked in, or potentially resentful.

If this is the case, then it's time to start adding a little bit of variety and independence into your life and relationship. It is not almost impossible for one person to provide all that we need, nor should you be waiting for them to make the changes. You can! If you love to dance and your partner is not interested and will not go to classes with you despite your best efforts, then you have options. You can go on your own or with a friend, or choose an alternative activity that both of you are happy to do together, or both. If you LOVE to dance, then dance! Start making time for you. You can communicate this clearly and gracefully.

If you are not good to you, then how can you expect others to give you the same as love, which is linked to nurturing. If you need love, then you need to treat yourself with love. If you value adventure, then seek adventure. If you need acceptance, then you need to accept yourself first. So start nurturing and cultivating the essence of you!

Among other things, I love to paint, see friends, get out doors, and engage in physical activity. If I don't schedule in these things, they won't happen. What I plan may not always go to plan. However, most of the time, it does. If you speak to a friend and say, "We **should** catch up for breakfast or go to yoga," and you don't put it in the diary, what normally happens? That's right, nothing happens! Weeks go by and nothing has changed! Schedule in the interests and activities that you enjoy.

Sometimes, when we change and start living our lives differently the other people in our lives may be either; happy for us to do so, not bothered or concerned either way, or sometimes people become uncomfortable when change takes place. (I will expand on this later.)

For healthy love and a healthy relationship, both of you need to be emotionally healthy and have a solid understanding of who you are and what you value. Regardless if you are single or attached, you are an individual person with your own interests, hobbies, and friendships. Keep these alive!

Not all successful relationships are the same. What works nicely for one couple may not for another. Some couples spend a lot of time together and share many common interests. Others share some common interests and are very happy to spend time apart, too. Explore what works for each of you.

Reset your foundations and make an effort to not let go of this when in a relationship. Undoubtedly, our lives change when we are in a relationship as we do need to consider others. However, we do not need to forget or neglect ourselves.

Nurturing yourself will allow the relationship you have with yourself and others to flourish. AND the upside is that, for those of you who are single, you just might meet someone special in the process, while doing something you enjoy!



## 19

# Address your Needs & Live by your Values

*Are you being needy? Lose the neediness and allow the space  
for him to love you!*

Have you ever sat down and thought about what you need? Needs, wants and values can sometimes be confused for each other. They are certainly different, and once you know your needs, your relationships will transform. Unmet needs can greatly affect the way you relate with men and the way they relate to you.

When our needs are NOT met, we can come across as needy, demanding and frustrated. When these needs are met, we can free up time to live by our values and attract more favorable opportunities and people into our lives, AND have men walking towards us (not away)!

There are **two distinctive qualities** that will stop a **good man** from taking the relationship to new heights and instead have him distancing himself from you. Neediness is one of them and so is jealousy, which I have explained previously. This chapter is all about neediness and how unhelpful and detrimental this way of being is to experiencing a developing, loving and committed relationship (and jealousy arises when more or more needs are not being met). As mentioned in Chapter 2, Men like to be needed, to be helpful and to be wanted. Men do not like to feel suffocated. They don't want women who are unable to look after themselves and those who are constantly seeking reassurance and attention.

Personal needs are not dissimilar to basic needs such as sleep, food and shelter. They are something we require to be at our absolute best. There are certain things we need and there are certain things we are emotionally needy about that will be unique to you. Neediness is developed over many years, particularly during our childhood. Once we are aware of it, we can then change it.

Most people move through life and relationships wanting **others to fulfill their needs**. They try to fulfill their needs externally. However, the only person who can fulfill your needs is you and neediness must be healed from within. What are your current neediness or unmet needs?

**Following I have listed some common needs, yet there are many more:**

- ❖ to be cared for
- ❖ to be loved
- ❖ to be right
- ❖ to be heard
- ❖ to be accepted
- ❖ to be appreciated
- ❖ to be in control
- ❖ to be touched
- ❖ to be included

Most of us would like to experience the above listed needs some of the time, such as to be cared for and heard. However, there is a difference between valuing, caring, and being heard as opposed to needing it in a needy, desperate, graspy kind of way. Our personal needs (and values) are driven by our beliefs, which can be conscious or subconscious, which stops our needs and values from being met.

## **SELF-LOVE**

**Self-love and self-worth will heal your neediness and have you living a more free and loving existence.**

Neediness **VERSUS** Valuing Love...

We all would like love in our life and to experience love. However, if you have a need for love in your life you may instead be turning away love.

When we are desperate for something we tend to express it in a needy way, which in turn takes you further away from the love you seek. If you're chasing love, or you stay in unhealthy relationships, often feel lonely or unhappy in a relationship, or you're acutely miserably single –

these things would strongly indicate neediness and lack of self-love is standing in the way of healthy love and connection.

To clarify; wanting or searching for love/a relationship on online dating sites or in a general sense is very normal. Being proactive does not necessarily mean that you are needy around love. If you are emotionally healthy and a person who is confident and feels worthy, there will be a sense of ease around dating and meeting new people. You will not be pushy, obsessive, or trying to get love by having sex with random people. You won't feel insecure or needing too much reassurance, nor turn yourself inside out to be liked, and so on.

Many years ago, when I was in my mid-teens someone said, *"You must love yourself first before someone else can love you or before you can truly love someone else."* It may sound like a cliché, yet it's true. I was very young at the time and my response was, *"Yeah, I love me. Sure I do."* At the time, I really didn't get it.

So what does this mean, to love you?

Can you love yourself even if there are things about you that you don't like or that aren't perfect? Can you love yourself and can you be worthy of love when you've made mistakes? Of course, you can! You must learn how to listen and understand yourself, to accept and appreciate everything about you (warts and all), and be comfortable with who you are. This does not mean you shouldn't want to improve yourself. We must never stop developing and learning. However, you reach a place where you can love you for who YOU truly are, when you love YOURSELF and are able have a great relationship with yourself, and you are not looking for love externally.

When desperate to be loved, unmet needs can surface in a myriad of ways –

1. You may search for compliments, affection and acceptance.
2. You may constantly call men or ask them how they feel about you.
3. You may go through their phones, check their emails.
4. You might make the person wrong or try to control them.
5. You might not listen to your partner – it may all be about you and what you think.
6. You may get angry or shutdown when you don't get the attention you THINK you NEED to feel good, safe or confident.

When you are needy for love, love tends to move away from you...

Imagine you have a baby chick perched on the palm of your hand, which is open, relaxed and soft. The baby chick sits there relaxed and content. The little chick cheeps away and is able

to breathe and move a little while it's gently cradled in your hand. If you were to tighten your hold or close your hand into a fist, the chick would be injured, suffocate, and possibly die. A relationship or dating is no different.

Are you allowing the relationship to rest nicely in the palm of your hand or are you squeezing the life out of it?

You could be doing this in obvious or more subtle ways. Neediness tends to suck the life out a relationship and neediness sucks the life out of our very selves. Neediness depletes energy and our ability to love in a healthy way. When you know you are worthy and deserving of love, you will not feel the need to control or force love.

A woman who lives by her value of love and is self-loving believes that a relationship in her life would be lovely, although it does not define her and she does not need a relationship or love from another person to be "complete." She knows that she's already a complete person, single or not!

We all like affection, kindness, and nice words. We all want to be touched and cared for. This is normal and a lovely part of an intimate relationship. However, if you feel that you can't get enough attention or reassurance no matter how often you receive it or ask for it, then I suggest you stop to look at what might be driving this constant NEED or even desperation for love. This **neediness** is the very thing that's stopping you from **valuing love, and it scares men off**.

And it works both ways – no woman feels good around a man who constantly asks her for reassurance. He tells her what she can or can't do, and he needs constant attention. You may need some professional assistance to teach you how learn to love, accept and appreciate you in a healthy, beautiful and nurturing way so that you can VALUE LOVE instead of BEING NEEDY for LOVE.

**\* Please note** that if you are normally a healthy-minded person in a relationship and you are not feeling comfortable in this current relationship, and possibly starting to question yourself, then there could be more going on than your neediness. The person you are with may have their very own challenges with love, intimacy, control, self-worth and commitment, which may be stopping them from connecting with you the way you would like. Discerning the difference between your neediness and being with someone who has a different idea about love, intimacy and communication is important. It's important to try different ways of communicating, behaving, and looking at your situation. Sometimes you can feel needy because you want the person to be someone they are not. Or perhaps you want different things, and instead of accepting things the way they are, you might be compensating by trying too hard to make them or the relationship different from what it is. Or maybe you have unrealistic expectations.

**Following is an example of how neediness can stand in the way of you experiencing life via your values:**

**Example - “Josie” Exhausted Mother**

*(This example is not obviously about love, yet it’s actually is about self-love and about having an open and intimate relationship)*

Josie’s story - I am a working mother with two young children. I’ve always been so capable and able. However, I feel as though I am failing. I’m constantly on the go with little time for myself. I am cranky, tired, and resentful. Why can’t anyone SEE that I need help? Why do I feel so alone!?! My husband is not helping me as much as I would like. I am exhausted! How bad does it need to get before people SEE that I need help? I’m not having any fun. My kids think I’m angry with them or annoyed all the time. I value my family and my family is really important to me. However, I am really not enjoying it right now. I am in a terrible place. I am not the woman, wife, and mother I want to be!

**My response:** What needs do you think are not getting met here?

What is showing up is that Josie is waiting for others to SEE that she’s not coping. Her desire to be **seen** and **capable** are standing in the way of her asking and receiving help, and these desires are presenting as a neediness within her. This neediness and distorted way of viewing her circumstances are stopping her from enjoying her family.

If she needs to be “seen,” then she will continue to wait until someone finally sees that she’s having trouble. How long will that take, and at what physical and emotional cost? Also, with the desire to be seen as “capable,” this may stop her from accepting assistance, as she would feel as though she is not coping. These two needs are conflicting and standing in her way. For Josie, to admit that she is not coping would mean (to her) that her value and self-worth would be compromised, that she is incompetent, and no one cares enough to help her. This is not accurate except, of course, in her mind. Her worth and value cannot be compromised and asking for assistance is necessary for her health and to support her value of family. In fact, a person who has a core value of ‘family’ will often say that they *value family* as it provides support, love, care, unity and compassion, all that she seeks. Her neediness is taking her away from what she values.

**At the Core:** Josie needs to work on her self-worth to eradicate the internal struggle and her conflicting mindset of being seen as capable and wanting others to see her. **First step is that she is the one who needs to see herself first** and not be concerned about what anyone else thinks. Not coping as well as she would like does not mean “failure.” It means she needs to seek support rather than waiting for it to appear. Josie would also benefit by learning to feel comfortable to say yes when someone offers to assist her, and to be grateful for the special people in her life who are willing to help. After all, isn't that what family and friends are there for?

## Some Suggestions to Create Change:

- 1) If you need rest, then rest comes first! Make it happen. Look after you so that you can be the person you want to be.
- 2) Remember to bring awareness to your internal fears and doubts so that you are able to create the changes you would like.
- 3) I recommend scheduling regular “recharge time” into your diary otherwise it won’t happen.
- 4) Teach your children to honor some “quiet mum time,” and ask for help from a family member or friend on a regular basis or for a day or two allowing you time to recover. Or employ someone to help you a couple of mornings a week.
- 5) Have fun doing chores together. (It can be done!) Delegate as much as possible. You’ll be surprised how much time this opens up for you to enjoy your family more.
- 6) Make date nights with your husband, time with friends. This helps break the humdrum.
- 7) Learn to say no with grace and conviction and address any guilt stopping you from implementing solid boundaries. There are always alternative ways to do things to make life easier.
- 8) Seek professional support to accelerate change and overcome unwanted emotions and behaviors.

What unmet needs do you have that are standing in the way of you living by your values?

Once you recognize your core needs, you can create strategies to get these needs met. To begin, you might like to ask yourself:

- ❖ Is this really a need?
- ❖ Why is it important?
- ❖ What’s stopping me meeting this need?
- ❖ Who do I have to become to meet this need?

What do you need right now for more energy, fulfillment, and joy? Recognizing your personal needs is the first step to eradicating the neediness. Commit to addressing your core needs so that you can live by your core values!



20

## Conscious Breath

*So very simple yet so powerful!*

Now that we are halfway through *Never Lose Him*, I invite you to take a moment to stop and breathe and connect.

We need to breathe to live. However most of us don't stop long enough to consciously breathe and connect with others and ourselves. Often, we are living in the past or thinking about the future, or running constant internal dialogue and chatter. Conscious breathing allows us to be present, to slow down, and to live with more awareness. And these tools are also very helpful for dating and relationships too.

Active personal development takes place through awareness, knowledge, and integration over time. However, some people have a "monkey mind," also known as "mice-ing," which relates to mice running fast on a wheel. When we are caught up in our heads, it's difficult to be introspective or to gain new perspectives on our stressors. The mind can take over and keep us living in fear. Conscious breath and learning to connect with your body more consciously will allow you to live with increased love and ease. This activity will assist you in learning about you, your beliefs, and assist you to integrate change.

Breathing is great for your health, vitality, and healing. Conscious breath also assists to bypass autopilot. When you feel emotional, I suggest you take a moment to move out of your head and breath into your body, feel the tension, the sadness, the anger. And in addition, this will certainly help you in your relationships and also with dating. Most of the internal struggles you have will be much more effectively addressed by breaking free from your reactive state and replacing it with a proactive way of being. This cannot be done when you're highly emotive and lacking the discipline needed to change old patterns and step out of fear and doubt.

We tend to live in an adrenaline style of culture and society, racing like mad to achieve, to keep up, to make money, and so on, which of course comes from our conditioning. This only adds to stress, anxiety, depression, and the demise of personal relationships.

- ❖ Numerous times per day, take a moment to notice your breath. Slowly breath in and out. Release tension in your body. Be mindful of your brain activity and slow it down. Open your heart and soften your gaze. Feel love through your body. This may sound airy-fairy or “fluffy.” However, it works!
- ❖ If you find you are **overanalyzing** and/or you have tension in your head, then I suggest you pay attention to your head/your mind. Try to slow it down. Imagine a wheel slowing down to a snail’s pace. Then, place your hand on your heart and gently breathe into this area, allowing the space to soften, heal and radiate love. I suggest putting a gentle smile of your face, much like a **Mona Lisa smile**. If you have tension or discomfort in the belly, throat or anywhere else, then repeat a similar process. This is not a book on the body and your energy centers. However, increasing your mind/body awareness will benefit you. Give your body attention and love. You are your greatest asset. Look after yourself!
- ❖ In addition, I highly recommend that you **get out** and connect with nature as much as you can – walk on grass, look at the sky, birds, bodies of water, and trees. See all the beauty and wonder around you. You can do this on your own anytime. You can also be actively doing this when you are with others.
- ❖ Also, **consciously look and connect** with the people around you, be it your partner or a friend or your children (if you have them), etc. Of course, you do not want to be weird about it, but look at their eyes and see them. It’s incredible how we move through life without stopping to properly and consciously LOOK at people (in general and people that are most special to us). I also suggest you also look into **your own eyes**. Stand in front of a mirror and look into your eyes and connect with yourself.

When the time is appropriate I almost always teach my clients techniques to enhance their mind-body connection. If a client is grieving or in distress, I will teach them the basics straight away. Of course, what I teach depends on each of my client’s unique needs, goals, and objectives. I have successfully coached some of the most “blokey” men who would normally not be open to these kinds of tools. This has been a huge support for them in ways that they never imagined. Extensive research proves that meditation in its various forms is capable of doing amazing things for the mind and body.

Enjoy the simple beauty of life. See the magic around you. Replace fear with love and believe in the process of life. Remember to breathe.

# Part2

Understanding Attraction& Becoming Irresistible



## 21

# It's Your Time to Shine

*Whether dating or in a relationships, it's time to take things to a whole new level*

Now that we've covered Part 1, you should be ready to date from a place of awareness and confidence or move your relationship to a new level. By this stage, you will now be **100% connected** with your inherent self-worth and you will KNOW that you're worthy and deserving of love. Because you now know the really **important foundational stuff**, the rest should be fun and easier than it has **ever** been.

In addition, you may have noticed that the largest part of this eBook is PART 1. The reason for this is; if you want to attract the right kind person for you, then you can only do this when you know yourself well and have *turned your stones* of insecurity, self-doubt and pain. You should also have **rewritten your love-script**. When your personal stones lie unturned, it's only a matter of time before the stuff underneath them is revealed—the mud and old debris that almost always comes out to play and invariably mess thing up.

Can you see that, when the past is unresolved, you're not actually emotionally available to connect or even love another person from a healthy place? In addition, women will tend to attract and date the wrong men or push wonderful men away when they don't love themselves first. Bringing your personal "baggage" onto dates and into a relationship makes emotional intimacy and vulnerability next to impossible. And simply, on a dating level, people can pick up on "stuff." Even though they might go on a couple of further dates with you, there will be something holding them back. It all depends on the other person's level of consciousness and their intentions. If they are evolved and clear of what's important to them, they quickly move away from a person who seems affected or emotionally messy. Never Lose Him is here to put an end to all the fumbling and confusion that takes place.

Maybe you've been on a date with someone you thought was lovely, yet it was clear that they lacked confidence or were troubled by something from their past. They did not look at you when they spoke, constantly played with their hair, their posture was poor, they were awkward, or they spoke about their ex and other hardships.

If you were to write down all the things that you look for in a person when dating, it would look something like this (*The list for a relationship will vary a little*):

- / Confident
- / Kind
- / Fun, Smiles and Laughs (sense of humor )
- / Interesting
- / Interested
- / Polite to me and everyone else (i.e. waiter)
- / Communicative and Open
- / Financially independent

Now is the time to focus on **who you are** when dating or how you show up in your current relationship. Are you putting your **inner-ATTRACTION-Foot forward**? This chapter relates to chapter 2 in this program about L. I. P. S. After covering Part 1, it's now time to really start integrating some changes into your love life and dating world. By now, you should have written down and started working on some of your challenges.

The following points may help you to realize what you need to work on. It doesn't matter if you are single, dating or in a relationship. You can practice the following in your everyday.

- 1) Are you fun and confident?
- 2) Are you open and encouraging without trying too hard?
- 3) Do you act like a lady?
- 4) Are you asking questions and interested in the person in front of you?
- 5) Are you positive and encouraging in the way you speak?
- 6) Are you passionate about your life?
- 7) Do you come across as though you like yourself and people in general?
- 8) Do you give men space, or are you clingy?
- 9) Do you give too much, or have you become a doormat?

What I want is for you to sparkle and shine from the inside out. This will give you the best opportunity for love and dating success. Remember, attraction runs far deeper than what you present on the surface. In my extended **Never Lose Him Membership Program**, I present a series of webinars and interviews that explore this topic and other supporting topics in far more detail.

We have established that, by following all that I have shared with you, YOU WILL BE more attractive. Men will be drawn to you like you've never experienced before.

It's time to be the woman you would want to date. In the following exercise I would like you to write down what you are going to work on...

### **Exercise: Drop and Adopt**

Please go back over your notes or over some of the previous chapters and recognize between 3 and 5 behaviors you'd like to **drop** and replace this behavior with something you are willing to **adopt**. i.e.

#### **A)**

**DROP** – *Today, I vow to stop chasing the new guy I am dating. I will give him some space to come to me. I always make initial contact. He knows I like him, so I need to allow him to come forward, too. I have scared men off before and I need to DROP this pattern.*

**ADOPT** – *I will learn to be patient without forcing. I will adopt flow and ease. I will encourage him by calling him back and showing my interest in the way I speak, my body language. I also need to realize that I don't know him yet. It's better to ADOPT taking my time and keeping my own life going. I have a life beyond a guy I barely know. I know I CAN call him, JUST not like I have been doing. If he really likes me he'll make an effort.*

#### **B)**

**DROP** – *I have been with my boyfriend for 18 months. Even though he tells me he loves me, I tell him so much and wonder why he doesn't tell me as much. I realize I do this because of insecurity and I wouldn't like it, so why would he? I choose to DROP this.*

**ADOPT** – *I will stop telling him I love him so much and expecting him to tell me so often. I now need to continue to boost my own self-worth without needing so much validation from him and others. My insecurities come from the past, not him. I will remind myself that I am lovable and sexy, and I don't need to force him to tell me. I adopt self-validation and moving on from past pain!*

*Your turn: Take a piece of paper and give it a go.*

The reason why I called this exercise Drop and Adopt is that it's too easy to say I will stop something and not change anything. Without having a good idea as to how to change something, most people revert back to old patterns. This is why adding the "Adopt" element to the exercise is crucial. What are you going to do when you're feeling vulnerable, under pressure,

uncomfortable, angry, or jealous? How are you going to change your behavioral patterns so that you are a woman who oozes confidence, playfulness, a sense of ease, a natural sexiness – basically what men love in a woman?

It's time for you to make changes and do so CONSISTENTLY. It's important not to get upset with yourself if you feel as though you've made a mistake or you occasionally revert back to old patterns. As long as you keep moving along and keep up with making conscious decisions to change, all will come together and start to become somewhat automatic. Don't give up.

Shine from the inside and out!



## 22

# Staying Sane and Standing Out in the Dating World

*Take one step at a time to ensure your sanity and success*

Sometimes people are super-fortunate and very soon after they come to a decision that they are ready for love they happen to meet Mr. or Ms. Right (for them) and seemingly in record time. On the other hand, others seem to go on date after date and don't seem to meet someone that is a love match.

I have a friend who went on over 200 online dates before she met her husband. Evan Marc Katz, who's a dating coach for women, went on over 300 dates before he met his wife. Interestingly, he's a professional. For those of you who feel like finding love is an enduring and snail-paced process, then there are multiple reasons for this.

First of all, **do not lose faith** because real love is coming your way! What's of the utmost importance is that you remain optimistic, keep the faith alive, stay social, and keep meeting new people.

The truth is meeting someone just to have a mediocre and unfulfilling relationship with is much easier than meeting someone whom you have a special connection with. It's pretty infrequent for a relationship to take off, and here are some of the reasons why:

- 1) There is too much choice online and people get confused, which allows for even MORE fussiness.
- 2) To meet someone whom you're attracted to and who also has great character is rare.
- 3) To meet someone who feels the same way about you is lovely, but doesn't happen every day.
- 4) To meet someone who doesn't have lots of past unresolved issues is also rare. We all have stuff to work on. Some people have a lot. You are either a good match and a great support for your partner, or you're not.

- 5) People are too fussy and unrealistic.
- 6) Most women do not realize what they are doing that blocks intimacy (and I so hope that you're been putting into practice some of the great tools I have shared thus far).

I realize that these points sound a little downbeat. However, if you want to remain attractive to men and also still remain attractive to yourself, then you must remain largely unaffected and UPBEAT. Let's face it, sometimes women start to question themselves and start thinking that something must be wrong with them, and they feel less attractive. Do not doubt yourself! No one wants to date a woman or for that matter, a man, who is flat, disillusioned, negative, and weary. Even if you feel a little weary, you should commit to staying focused and on being a relaxed, confident, and grounded woman. Nothing should bother you too much and you must be okay with being single and just enjoy dating until you meet your special man.

## Love-TIP

The type of woman who is attractive to men is someone who remains optimistic, relaxed and relatively unfazed about dating. They are confident and grounded within. Visualize and feel yourself being this woman **all the time** when you are walking down the street, to your table, to the bar, at the office, with friends, or walking through a crowded room. You are sure of who you are. You walk with purpose though you're not posing (you don't need to). You're not trying to be sexy because you know you ARE SEXY. You may even slightly smile and have a twinkle in your eyes. This is what a naturally confident woman does.

Interestingly, not so long ago, I was at a function in Sydney, Australia. A man stopped me as I walked past him. He said to me with his lovely German accent, "Excuse me. Hello, I want to tell you that you look so confident and down to earth." It was such a lovely compliment, and particularly since I teach wonderful women like you how to be confident. He and I spoke about it. He said, "Women can prance around and try to look important. But you look super confident, yet you exude warmth and you come across as approachable."

IT WORKS ladies! And it doesn't matter if you are petite, buxom, tall, slim, etc. This is why I encouraged you to NOT POSE. Posing generally does not work too well. Men can get put off, possibly intimidated, or they will think that you're what they call high-maintenance. They'll notice and LOOK at women who are posing, but they most likely won't go and speak to her. Confidence is **not arrogance or posing**. To clarify even further, if standing tall and believing in yourself is new to you, then you may feel as though you're posing. If you think about being deserving, worthy, desirable, and lovely, you'll be fine! Live from your heart, not your head!

The point of this chapter is to encourage you to keep the faith!

When you know what you truly value then it'll be easier. So be clear on what really matters to you. Also, don't let dating disasters bother you. They happen, and when they do, learn from them. Don't personalize anything and meet as many new people as you can.

Never forget that LOVE IS FOR YOU!



## 23

# Too FUSSY for Love

*IS your “list” too high to climb?*

There are plenty of men and women who are single and wanting to meet a life partner, with no signs of a committed relationship in sight. Are you too fussy for real love and connection to blossom?

Being clear about what you want in a relationship is important. Being fussy is not always a bad thing. However, it IS possible to be too fussy! Singles may very well be working themselves out of the love game, so to speak. If you are hard-pressed on finding love and someone to share your life with, then you may need to tweak your expectations for a more realistic approach.

This also applies to those in a relationship. You may be in a relationship with someone who can offer you almost all that you desire except for a couple of things on your LIST. Are those questionable traits deal breakers, or are you being too fastidious for your own good?

When I was in my early 20’s, I was in two relationships (not at the same time!). Even though they did not work out in the long term, they were still good relationships. One had chicken legs; the other had heavy-ish legs. There was a point when I first met them that I questioned these limbs. I thought will I be able to live with Mr. Chicken Legs or Mr. Heavy Legs? (It’s a little embarrassing to admit this.) I decided to rise about the superficial and, after a short period of time, I no longer noticed these SILLY things.

You have to weigh their character/personality with all of your other needs, values and wants. If a man is lovely and kind, but is overweight, lazy and loves to sit on the couch and drink and eat, and you’re an active person who values your health, good eating and getting amongst life, then possibly the two of you will not work. However, if he has a slight belly, has brown eyes instead of your preferred green, he’s active and outgoing and you find him attractive, then GO WITH IT. A little bit of a belly won’t kill you! This person is still active, likes to eat well, and is considerate and thoughtful. This could be your love match!

If you have met a man who's cute, kind, interesting and interested in you BUT he's too short for your liking or doesn't have the same passion for architecture as you do, then do you move onto the next one or do you give him a chance? Are you too fussy about the unimportant things and too relaxed with what really matters for long-term relationship success?

### **Here is a list of some nonsensical dating-death decisions?**

- ❖ Too short or tall (widen your parameters)
- ❖ Wrong colored eyes
- ❖ Average dress sense
- ❖ Wrong car
- ❖ He likes watching sport
- ❖ He/she doesn't share my passion for art, dance, music, history...
- ❖ Not sporty enough
- ❖ Has a tattoo
- ❖ Not normally who you would be interested in
- ❖ Doesn't cook
- ❖ Average table manners
- ❖ Don't like his accent
- ❖ You don't like his mother

### **Reasons you may be too fussy:**

- ❖ Avoidance of intimacy
- ❖ Fear of being hurt
- ❖ Unrealistic expectations
- ❖ Not sure what you want
- ❖ Expecting ONE person to satisfy all of your needs and wants
- ❖ Living in a fantasy world
- ❖ Concerned about what others think
- ❖ Jumping to conclusions(based on past experiences)
- ❖ Confusing "settling" with fantasy (Sometimes what we want doesn't exist as every single person comes with their own way of being. So are you settling or being realistic)

## Tips:

- 1) **Narrow down your list** to 5 must haves as opposed to 50+ must haves, i.e. kind, emotionally aware, adventurous, good stable job, wanting a family.
- 2) Every situation and person is different, **be open minded** and give him/her a chance. You may be **pleasantly surprised**.
- 3) Know your deal breakers, yet at the same time, have a realistic approach.

Love starts from within. When you find yourself, you will find love! When you are gentle and kind to yourself, you will be more gentle and kind to others.

There is no perfect mail-order person. Sometimes in life *we think* we want something, and then when we get it, we realize that it's not how we thought it would be. Relationships can work the same way. Don't narrow down your market too much. Someone who's positioned just outside the cut-off mark may be your ideal love-mate.

May you experience real love and connection. It may happen with someone you least expect!



24

## Online dating... The NEXT, NEXT, NEXT phenomenon!

*The trials and tribulations of online dating...Are you losing faith?*

Online dating has enabled meeting the man or the woman of your dreams so much easier, and in some ways, far more difficult. Some online daters have experienced love success fast. For others, it may have taken many months or even years to meet someone. There is a large percentage of men and women who haven't achieved the results they were hoping for, and they find themselves exhausted and disillusioned.

For those who have had online success, was it a case of luck? Did they have more clarity around what they wanted and were able to filter out the incompatible? Were they more realistic around wants and expectations, or were they desperate for love and somewhat settled for Mr. or Mrs. Good Enough? A mixture of all the above I am sure! Regardless, many still find themselves trawling the countless pages of potential love matches in hope of finding true, lasting and connected love.

Of course, there are various pros and cons to online dating, and you've got to be 'in-it-to-win-it.' But there's one particular aspect of online dating that is concerning and greatly contributing to the disappointment, confusion and online bewilderment.

Before online dating, did you ever go on a first date that did not go as well as you had anticipated, yet despite your doubts you gave this person another chance, and in turn found yourself pleasantly surprised and really liking this person on the second, third or fourth date? (I write about this in my chapter - Too Fussy For Love) Before online dating existed, if you met someone who was nice, attractive enough, seemingly intelligent, kind and personable, you would see them again and give it time to develop. BUT NO, NO, not in this era of cyber dating. There could be someone "better"!

Newsflash: There are not always fireworks on date one or two or even three, and this is what is creating a real issue with online dating. If the person does not dress as you like, if they were a little less sexy than you had imagined, then most people in the online dating world WILL NOT give this person another chance. It's what I call the NEXT, NEXT, NEXT phenomenon. When they go home, there'll be another 2 to 10 potential suitors vying for their cyber attention, and most will APPEAR to have something more compatible to offer than the person whom they just spent two hours with. Accurate or not, this is what happens. The choices seem endless and most often empty. I believe that, unless people shift their focus, the online dating society is breeding serial daters, cheaters and narrow-minded love seekers...

Of course not everyone approaches online dating this way. Nevertheless, it's common and you may not be conscious of this pattern of behavior (anti-love-pattern). So for those of you wondering why the guy you met last week has disappeared, yes, it may mean that he is not interested, the timing was not great for him, or simply, he did not highly "rate" one of your character or personality traits and did not give you a chance. He decided to place his attention elsewhere. In other words, he was too quick to judge. And the cycle begins again.

### **My Advice:**

- / What you see on paper, quite often does not translate into real life. If you meet someone and they're attractive-ish, it feels nice and comfortable to be around them, then give it a go. There could be something of substance that could grow and develop.
- / It's unrealistic to expect chemistry to take place with a stranger on date one. And sometimes, the perceived lack of chemistry is more attributed to the fact that you may have created a fantasy about the person before you met them. Do not create an idea (fantasy) of how you think they will be, look like, allowing yourself to be pleasantly surprised, more so than disappointed.
- / Be careful not to jump to conclusions. Your criteria or the profile is not always accurate or indicative of the kind of person who will be well-suited to you in real life.
- / Address your own fears and insecurities that may be stopping you from presenting well to others and affecting your success.
- / At any given time do not communicate with more than 3 to 5 people. That will create enough confusion as it is. Hide your profile once you have a couple of potential suitors.
- / Do not take it personally when someone does not follow up.
- / If you want to find love and to have a healthy relationship, then try other ways to meet new people. Don't solely rely on the internet.

I know many people who have looked back over their dating history and realized that the person they met two years ago was far more suited to them than they realized. They were new to online dating and they thought that they would find someone taller, smarter, richer or more athletic, and so on. It's time to get real and place both feet firmly on the ground. The perfect person for you might be right in front of you. Don't wait for the perfect never! No one is PERFECT, not even you or me! ☺



## 25

# Dating Manners

*Treating people with kindness and consideration is what a WOMAN does.*

People can be fickle, and some people have no dating manners at all. If you take it personally, it will most likely hinder your motivation, energy and zest for, not only love, but also life. Matters of the heart seem to wear people down, and I do not want you to lose faith. Remember, no matter how someone treats you, you must remain true to yourself.

You cannot change how someone else treats you. You may even go on a date or two with a man, have a fantastic time with him, and then never hear from him again. He may have even suggested where he wants to go with you the next time he sees you, and still disappears from planet earth. It's of paramount importance that you do not turn yourself inside out trying to work out what you said or did that created such an unexpected result. I'm not saying that you may not need to change your approach. Yes, you may need to tweak the way you converse or 'show up' on a date. Having said that, what I do know is that, most of the time, it doesn't make sense. Maybe they're not interested or *not that into you*. Maybe they've got an ex still on the scene. It could be one of 1000 reasons. (*I have written more about this in my chapter 'Ouch, Rejection!'*)

Sometimes, it seems astounding the way people treat each other, although it's important that you don't let it get to you. The dating world can be challenging and it's terribly important that you remain connected to your magic, your inner and outer sparkle. Remember, no one can take it away from you, no matter how poorly they treat you. I can assure you that you will meet someone special. Just KEEP GOING from a graceful and clear place, and remain open.

Believe it or not, men also feel anxious about dating and can also feel rejected. So the best way to go about dating is being honest with each other. After date one and if you are 100% clear that you're not interested in the guy, then tell him. You could say:

❖ I really enjoyed my night with you, although I do not feel that we are compatible.

- ❖ It was good to meet you. Although I do not want to pursue anything further, I am happy to be friends, if you are. (Only say this if you really are open to a friendship.)
- ❖ Even though we're had a nice evening/talk/dinner, I feel as though we want different things.
- ❖ It was great to meet you, but I really did not feel there was a connection, so we'd better leave it.
- ❖ Thank you for following up with me. I've thought about it and I do not think that we're a match. I wish you the very best.

Women complain about the way they are treated by men, yet so many women do the same to men. They can string them along, break plans or not follow through, or they catch up with a guy only when they have nothing else to do. The poor guy thinks he just might have a chance and keeps hoping.

If you've been on a date and someone calls or sends you a message to ask you out again and you're not interested, be courteous and straight-up, instead of not responding or saying maybe 'next week' when you have no intention of seeing them again. Use the examples above as your guide. Treat people how you want to be treated. People use this saying all the time and often DO NOT treat people the way they want to be treated. Step up and set an example.

It takes less time and energy to be straight up than it does to dance around it. And another reason why people do the dance is often because they don't want to be mean. I can assure you there is nothing mean about being clear; it's mean to not let someone know, to not return someone's message, and to be vague or ambiguous. You know how it feels. It's horrible, blah, crappy, and emotionally unsettling.

Some years ago, I was on a date with a guy who I thought was lovely. We had met out and, the following week, we went on a date. It happened to be one of the best dates I had been on in a while. At some stage during the night, he asked me how old I was. I was 5 years older than him and he thought I was younger than him. He thought I was about 8 years younger than I was. I too was surprised, because I thought he was about my age. Anyway, we had dinner and we went for a lovely walk on the river (his suggestion). He also told me what he'd like to do next time we caught up. We kissed a couple of times, and when he dropped me home. He told me what a fantastic night he's had and that he'd call me. I NEVER heard from him again.

Maybe he didn't call for a myriad of reasons. Who knows maybe it was my age? And no, he didn't HAVE to call me, although it would have been nice if he had at least made contact and told me that he didn't want to take it further. I wouldn't have minded at all if he said that I was too old for him, or that he felt we were at a different stage of life. The lack of manners was

unexpected, particularly because he made it very clear that he wanted to spend more time with me. It felt like a lie. SO, BE REAL and don't play games with people's emotions.

It doesn't matter what other people do. You should be the one who has some manners and knows how to treat people with kindness. And almost every man I dated and who I told that I was not interested in thanked me for my honesty.

I can assure you it's beneficial for both of you.



## 26

### Sex Matters...

*No, yes, no, yes, no and YES, the Sex of today. . .*

It has been brought to my attention time and time again that women are playing silly games with themselves and men around sex.

A client of mine had a rather interesting and disappointing dating experience, which very clearly highlighted a concerning issue in our modern dating society.

It seems as though too many women fall into this trap, which has most of them wishing they could change what they did and start afresh.

What might surprise you is most men do not believe a woman when she says that she does not want to rush into sex or that she wants to take her time, and they most definitely do not believe you when you say that "I don't normally do this"! You see, most women are **happily and voluntarily** engaging in penetrative sex within 10-60 minutes after saying they wanted to wait or take time getting to know the person first. **I want to be very clear that I'm not talking about any force taking place.** In fact, normally, there is no to only mild persuasion from the man. The women tend to instigate sex after they said they did not want to. Regardless, in no time, it's all on, or should I say all off! This sounds crazy, right!?

A client of mine was dating a guy and she told him that she wanted to take her time. (She voiced this not once but various times.) Clearly, he did not listen as within a few minutes, he mildly tried to force himself on her. Nothing happened, although it was a very awkward and an unsettling experience. She felt not heard and somewhat violated. Let's say neither parties overcame the incident. He took his bruised ego and poor behavior to another woman waiting in the online dating wings.

After we discussed it, she had a light bulb moment. Even though the guy was certainly inappropriate in his behavior, she realized that he thought she was the average girl who says NO and then soon after she's saying YES. She remembered a comment a male friend made some time ago about women and the "lines" they use.

Yes, some women are no different to men. They have a repertoire of dialogue that they use, and this dialogue resembles what many other women say, too! So remember ladies, you are not the only one that says, "I never do this," and you're not the only one that claims she doesn't go home with a guy on the first night or the second! After hearing you say something along those lines, MOST men do not believe you and often have a little chuckle to themselves or a secret roll of the eyes! Not because they are expecting sex, men who are interested in getting to know you have no issue with you not wanting to engage in sex until you get to know each other more. (Of course, in most cases, if you initiate it, they'll happily oblige.). They're having a chuckle because, too often, women are not following through with what they say.

So after all of this, as I mentioned earlier, my client then realized that the guy thought that she was like the majority, when in fact she was a woman who meant what she said. She was not playing games and she did want to take things slow. AGAIN, most men are used to women changing their minds.

So why are women using this sex dialogue? I would imagine that it has much to do with wanting to be perceived as a "good girl," so that when they do have sex, they don't feel as "naughty" or perceived as "easy." It's a ridiculous game!

If you're a woman and you feel the need to play this sex dialogue game, then you should NOT be having sex with the guy (or not yet). If you want to have sex, then do so because you want to or when you feel ready to take the relationship to the next level. Own your choices and life decisions. If you're worried about what the guy will think of you, you're not doing yourself any favors by using "the lines" most women use. Own your sexuality, your desires, and your wants. And if you know it's too soon, then listen to this and don't do anything until you're ready. LISTEN TO YOURSELF AND TAKE YOUR TIME.

### **Here are some TIPS:**

- / Be honest with yourself and no games. Yikes, ladies, please stop this!
- / Women are worried about being judged, and there's still very much a double standard around what is acceptable and unacceptable sexual conduct for women. Get clear as to what works for you.
- / Don't put yourself into tempting situations when you know you can be tempted. Do not meet him at his place or bring him to yours. Keep yourself out in the world where temptation is at bay. Build a little mystery, and you'll soon know if he's serious about you.

- / Sex does not equal love. Sex is sex. Love is love. Love takes time to develop. Sex doesn't, and nor does lust.
- / Women need to step into their personal power and be confident while prepared for the resulting outcomes. Casual sex is fine if that is what you want. If you don't want that, change your approach.

In summary, every relationship and dating experience is different and most people would like one of the following:

**A) A relationship, B) something casual, C) not sure what they want**

Most of you will want love, which is 'A'. So if you want love, hold off on the sexy business. There is no absolute rule as to when you should or shouldn't sleep with a man. The idea is to get to know the person and to build some emotional intimacy first. In a short period of time, you will get some idea of who the person is and if you're on the same page, wanting similar things. Sex can certainly cloud your judgment, and we don't want that. Often, it's when you have decided to be exclusive and neither of you are dating anyone else that the time is right, which normally takes between three and eight weeks. So maybe you need to wear granny underwear and not do your bikini or Brazilian for a little while. "Put it on ice," so to speak!

And in the first couple of dates, you can still do things to show the man you like him. By touching him, you will let him know that you're interested. Smiles, cheeky grins, and being playful will keep him encouraged. You can touch him on the arm, the knee, and you can kiss, that is if moment feels right to do so. You can leave it at that and then slowly build from there.

Be patient, it'll be worth the wait.



27

## What is Healthy LOVE?

*Sustainable and conscious love is healthy love...*

When I look back at previous relationships and to the men I have “loved,” I often ponder on questions such as, if I knew what I know now, would I have loved them? Was that really love that I was experiencing for that person? My answer to that is this, I did love them in a way that I thought was love at that time. Would I love them now with what I know? Possibly not. However, with the knowledge I now have, I would have addressed things differently, too. This is not to say that I would not have given the relationship a chance, although I would have taken more time to get to know them before I went down the “love” path.

The “LOVE” word gets used too loosely and most often too soon. It can wreak havoc for you emotionally. It sets high expectations prematurely without you even knowing the person’s true character. When someone says they love someone early in a courtship, they may certainly be confusing it with lust or a neediness to be in relationship or a neediness to be loved. As mentioned, a healthy love starts with a healthy you. Learning to love yourself is THE place to start. Once you love yourself and have a solid understanding and appreciation for all that you are, then a satisfying relationship is possible. Without having a resilient and enduring self-love, how will you know how to love and be loved in a healthy way?

It is said that real love is when you love someone unconditionally no matter what and accept him or her for who they are. I do understand this concept and notion. However, I don’t know of anyone who really loves unconditionally, even parents put conditions on the love they give to their children. I believe unconditional love may exist. However, it is extremely rare and is normally present between parent and child in their infancy. As they develop, the conditions surface in the relationship. I know many experts in the area of love and relationships and this topic raises an endless debate. Some are avid believers of unconditional love and others do not believe in it at all.

Hence, in general, I do not believe in unconditional love. I believe in healthy love. Being aware of your conditions and beliefs around love, relationships, behavior, etc., will determine the type of conditions you place on a relationship. Too many constraints or conditions will strangle the relationship and having no boundaries or so called “healthy conditions” will keep people in an abusive or distorted relationship. To love and accept someone despite his or her faults is magnificent and it’s not an easy feat. In most cases, it’s an admirable way of being and choice. Having said that, if you’re in a relationship with someone, these “faults” should not be harmful to you. You have to make sure that he is NOT beating you, being emotionally abusive or deceitful, and so on.

In relation to love and acceptance, I can certainly accept that I may have had an ex-partner who was insincere, but do I want to accept him as a life partner? Absolutely NOT! Why would I want to love someone who lies and manipulates, even if he is fun and good looking? Why would I want to be in a relationship with someone who cannot communicate, or have an intimate, honest and loving connection with another person, and certainly not with themselves? I can accept that they are who they are. I can accept that I was naïve at the time and hoped they would change. I accept that I spent time and energy with this person. I accept and realize that they did not intend to hurt me or let me down. And I now know what is important to me and what kind of relationship is fulfilling, nurturing and healthy. So you learn and you move on!

Knowing the difference between **accepting someone for who they are versus what is acceptable to you** in a relationship sense will be of great benefit to you. You can try as hard as you want to change others. But unless they want to change themselves, you’ll be flogging a dead horse and going nowhere fast. Sometimes, we SIMPLY just have to trade in the horse or stand tall, strengthen our legs, and walk solo for a while. If you’d like to make sense of relationships, your vision, and how to move ahead in a way that supports you in a more self-loving and healthy way, then you’ll be more personally successful in this endeavor by looking at your fantasies, ideals, naiveties, limiting beliefs, needs, core values, and self-worth.

And in addition to what I’ve already shared about acceptance, here’s another way to look at what’s “acceptable” in relationship. Could you accept that your current or future partner is sometimes shy when meeting new people, that he works on Saturdays, that he doesn’t like the same music as you, that he isn’t as complimentary as your past boyfriends, that he’s not a fan of Valentine’s Day (even though he gives it a go), that he’s fit and healthy yet not as outdoorsy as you? These things or ways of being are not what you’d call deal breakers. Therefore it’s a healthy acceptance and one that will most likely not damage your relationship or effect you in any significant way.

Get to know the person; don’t rule him or her out if you don’t feel fluttery and all gooey when you initially meet. Having butterflies in your belly or feeling nervous can mean various

things. You could be genuinely excited. You may possibly be lacking confidence and feeling anxious. Or you may be picking up on something that does not feel “right” to you even though you find him or her attractive.

Don't confuse lust for love. Get to know this man or woman's character beyond the personality. The person's character is what makes a relationship work long-term (*see our chapter on Personality versus Character*). Of course you need a spark, too. However, it may take more than a couple of dates for this to surface. Address your insecurities and neediness and allow real love to take time to develop. What's the rush?

If you want a long-term healthy and fulfilling relationship, ask yourself, “What is love to me?” I can assure you it's not just a feeling. You need some real data, some tangible evidence that this person is able to love you and is a person you are able to love from the inside out. It has been said that you don't know someone until you divorce them or until you breakup. I can assure you that if a relationship ends badly, the signs were there earlier. You may not have been looking or were in denial!

Maybe you need to work on yourself, as you may also be bringing unnecessary dysfunction and your own “stuff” into your relationships. Recently, I read a book called ‘Marry Him’, by Lori Gottlieb. She shares a story about a lady who fell in love with her husband in a way that was so beautiful and that resonated so deeply with me. The lady explains that her husband is a wonderful man whom she finds attractive and kind. However, it was the way they disagreed and dealt with their challenges that made her fall in love with him. She already loved him. However, the deep love came later! How amazing is that!? How they communicated and moved through their issues or concerns was done with respect, grace and clarity. Even if they were annoyed with each other, they were determined to express themselves in a constructive way that brought about a mutually satisfying resolution.

To fall in love with someone based on the way the two of you deal with adversity is not only distinctive it's also powerful! Looking at the relationship from this perspective will give you the opportunity to see the character of the person. When times are difficult, the true beauty or the “ugly” of the person is revealed, I absolutely LOVE IT!

**Here is a fabulous description about real love from the movie Captain Corelli's Mandolin:**

*‘When you fall in love, it is a temporary madness. It erupts like an earthquake, and then it subsides. And when it subsides, you have to make a decision. You have to work out whether your roots are become so entwined together that it is inconceivable that you should ever part. Because*

*this is what love is. Love is not breathlessness. It is not excitement. It is not the desire to mate every second of the day. It is not lying awake at night imagining that he is kissing every part of your body. No, don't blush. I am telling you some truths. For that is just being in love; which any of us can convince ourselves we are. Love itself is what is left over, when being in love has burned away ...' (Iannis to Pelagia)*

When you don't know what it feels and looks like then how you will know when it's right in front of you? Take your time to be clear about what you love and value. You will then be able to recognize and find true healthy love that is satisfying, energy giving and special. If you are or have been in a relationship where you feel drained, on edge and emotionally sensitive, then I suggest you find out what's at the core of these feelings.

Don't fall in love with his dimples, her eyes, his torso, her personality, his car, their bank balance, nor someone's empty promises. These are only superficial hooks! Look deeper, and see if solid foundations for a healthy relationship are present. The initial spark can be delightful and something to enjoy and cherish. However, you need to wait to see how the relationship develops beyond the spark before you "fall in love" hook, line and sinker!



28

## Potential is not Reality!

*Potential is elusive and may never be tangible*

We can all go through life believing that we can **potentially be more or have more**. Potentially, you and I are very capable of achieving many things in life and I encourage and support my clients to do so. However, there are plenty of personal development companies that encourage you to reach your full potential. Of course, I agree that we are all capable of facing fears and limiting beliefs in order to overcome obstacles that will see us achieving more in our life or accessing our so called “full-potential.” However, this seeking of potential also suggests that, as individuals, we are under functioning and not good enough until we reach our so called full potential, which is highly ambiguous and a somewhat overwhelming and endless feat.

The reality is, if you want to change or achieve certain things in your life, you will need to make a conscious effort to do so. If you don't want to change or advance certain aspects of your life, you won't! Talking about wanting to accomplish something is very different to actually doing it.

Time and time again, I see many men and women become MUDDLED and disappointed by “potential” in the area of relationships. You may believe that your relationship has the potential to improve; yet for the past 18 months, little has changed or advanced in the relationship. You may also believe that your boyfriend will stop speaking to you in a controlling and condescending manner. He promises to work on it, yet nothing changes. Or maybe you will potentially have children with your boyfriend of three years, yet he clearly told you from the very beginning that he has NO intention of having children. Or potentially, your partner will become CONSISTENTLY loving and considerate, not just when they want something from you.

Potential is vast and broad. However, unless you or the person you are with is actively pursuing this change or “potential,” you may be setting yourself up for disappointment.

***Potential is not reality.*** If you are not aware of this, you may **spend many years in a relationship** hoping for the best, hoping that they will live up to their promises or your idea of how things need to be in order for you to be fulfilled and happy.

Be mindful not to be lured or attracted to someone's potential. It is elusive and you may be setting yourself up for frustration and unfulfilled desires. This may not be something that you are able to work out straight away with someone. However, I encourage you to listen to what they tell you, and **then see if their behavior matches**. This will start to give you a good indication of what the person is willing to do or not do. Also, they may not have promised you to be any different to how they are right now. Yet you still hope that they will be. Madness is what that is! Of course, there is a possibility that you have unrealistic expectations of yourself and others. Be introspective and challenge your thoughts and expectations to get a clear understanding of what is realistic and what isn't.

Potential can be realized. We all have potential. However, it can be fruitless. Until you or they have prepared the soil, sown the seeds, watered the crop, and growth has appeared, then what you see right now is what you see.

You can be open hearted and hope for the best, yet have a **realistic approach**.



## 29

# Are you Selfish?

*You might be surprised that you're more selfish than you thought!*

Often people say that a person is selfish or selfless. Being a selfless person is normally reflected upon as a more positive way of being. On the other hand, if someone is referred to as selfish, it would certainly indicate someone of poor character with a “me first” and possibly a narcissistic way of being. The long and short of this topic is that we are ALL selfish and self-serving. Or you can also look at it like this—even when we are giving to others or saying yes instead of no, we are still self-serving or self-gaining, because we are in fact receiving something in return (see the chapter on needs and values).

The most *perceived* selfless person is still acting in their own best interests. Whether they are conscious of it or not, they are getting a “payoff”, meaning they gain something that delivers a level of personal satisfaction. Sometimes the motivation is harmless. At other times, what drives the “selfless” behavior can be distorted and a somewhat unhealthy motive or intention.

Distorted or unhealthy giving is when your self-worth and personal value is attached to an outcome (the gain). It then becomes a rather unfulfilling way of being because it's a never-ending cycle of one's neediness driving the not-so-selfless behavior.

If you always find that you give a lot of your time to people, often say yes to requests or demands when you would rather say no, often take on extra work at the office, don't ask for help, find it difficult to delegate jobs, etc., then you are serving yourself in some way. If you want to change this, I suggest that you address your neediness and have a good look at the chapter on Needs and Values.

If you feel that you are a giver, putting others before yourself, I suggest you stop and ask yourself:

- 1) What payoff am I receiving by this action or way of being?
- 2) If I were to change this, then what would it mean about me or what would happen?

3) What fears do I have attached to changing this aspect of me?

After a little bit of confusion, uncertainty and/or resistance ,the answers would most likely be along the lines of;

- 1) I feel good about me when I help. It's how and who I am, and it's the right thing to do.
- 2) When I complain about it, I get attention and sympathy.
- 3) If I was to change this, I would feel like I am not a good person and not who people think I am.
- 4) I want to be liked. I fear that people will not like me or they will be upset with me. I fear that I will disappoint others.
- 5) I don't know who I am when I'm not run off my feet helping and overcommitting. I may get bored.

When someone comes to see me and they say that they are the one everyone relies on, or that they are really giving or they like to make other's happy, it's a strong indicator that their self-worth, value and identity are wrapped up in doing and helping. They can also use their so-called acts of selflessness to manipulate. The moment an argument comes along, they shall very quickly list everything they "do" for others to justify poor behavior or to get their way. This is not always the case, yet this not uncommon. This topic very much relates to the chapter on Self-Worth and Needs and Values.

When I was younger I played the role as the "good" child in my family, the one who'd hang out the washing, cooked, cleaned up after myself and others, the one who'd do the "right" thing, be responsible, and so on. I noticed that I became a helper outside of the home, too. It wasn't until I was in my mid-twenties that I learned how to say no gracefully with clarity and confidence and to let go of the internal tug of war. I learned that my value was not attached to doing, and I learned to be comfortable with not always doing what came to be expected of me. This is something that I have to be disciplined with. Every now and again, I still have to check in and see what's running for me.

This does not mean I say no all the time. It depends on the situation, sometimes I say yes when I prefer to say no. It's about priorities and having a healthy and clear understanding of your motivations. If you address your needs and live by your values, then all of this becomes much easier.

So, to say that I am selfish is accurate. You and everyone you know are selfish, although it does not always mean it's bad, negative or derogatory. We all do what we do for a reason and

this reason always supports us one way or another. Well, until it no longer does and until we no longer need what we thought we needed to be okay with ourselves and our lives.

If you want to be less “selfless” (which is still selfish and self-serving), I suggest you heal the part of you that is distorted or “needing,” and learn ways to say no and live your life in a way that supports all aspect of you. You may need to shift your priorities and be okay with not trying to please everyone else in order for you to be okay with yourself.

And sometimes people won’t like it, sometimes people will try and change your mind. But guess what? You cannot make EVERYONE happy. Now and then, people won’t like the decisions we make or who we are. So we can either be controlled by others’ perspectives or we can move through life with a sense of personal power, grace, and authenticity.

On the flip side, there are those of you who are very controlling and wanting everything at all times to be just the way YOU want things to be. You may have little regard for what others want. You never stop long enough to really think about how your behavior is taking you further away from love or closer to it. An intimate and loving relationship is not possible without give and take. If you want to experience warmth, affection, and lasting connection, then you both have to work as a team and you must look at the big picture and check on your priorities and what really matters.

And to expand on what I just shared, if you’re in relationship with a true narcissist, you’ll have a hard time building a solid and loving relationship with them. In fact, it’s near IMPOSSIBLE, because they take being “selfish” and “self-serving” to new heights. They don’t love from a healthy place. They control and manipulate!

They want to win, and relationships are not normally a priority unless it gives them something they want **at that time**. There is NO CONSISTENCY! Essentially, they’re emotionally disconnected. They tend to have a deep lack of self-worth and self-love, and they live in a way that does not allow for real love and intimacy. They’re blocked and they have no desire to change it. (See more *about this in my chapters, Personality VS Character and Potential VS Reality*)

So, what’s more important in your relationship? Always getting what you want or sharing and caring for each other? Giving and taking, negotiating and compromising are ALL important. They help create a bond between two people and a way of being and relating that is harmonious and easy. This is what I like to call “FLOW.” And the beauty of it is, you ACTUALLY **still get your way** when your behavior or choices support what’s important to you, in this case, a relationship.

The thing is that you will need to **value** love and intimacy first. Otherwise, FLOW won’t come easily. **Needing** love and intimacy will generate **FORCE** not FLOW.

In summary, we are never selfless. We are either moving towards what we really value or we're not. Once you consciously change your priorities, you will change your behavior.



## 30

# Personal Power VERSUS Power Playing

*Are emotional games ruining your chance of long-lasting love?*

Power playing and personal power are two very different ways of being, as your intentions behind your behavior will greatly differ. Power-playing or power-struggling is what I will call “dirty” behavior, and self-power or personal power is “clean” behavior.

Power-playing is essentially a battle for power and control! A great relationship thrives by way of good communication, humility, the ability to be open and a willingness to work out your differences without the need for power, control and manipulation. Other than fun-loving play, a mature relationship has no room for emotional play. When you are in healthy relationship and one of you realizes that there is a power/control struggle taking place, then at least one or both of you should be able to recognize what is going on and take the steps to stop, check in, be more objective, and essentially clean up their behavior quickly. Following I will use the previous chapter, ‘Cutting the Ties’ as an example of Power-Playing vs. Personal-Power. You will see that the decision to “cut your ties” with your ex and how you do it will be very different based on your intentions.

### **Here is an example of “DIRTY” Power Playing:**

*The relationship is over and he left his electric razor at my place and I am going to throw it out! I know that he will want it back as it cost him \$300. However, I know it will annoy him. He hurt me so he can deal with the consequences. I then write some nasty things about him on Facebook and then delete his profile. As long as I can delete him first, I am in control. I will have the upper hand and I will then feel better about myself.*

This is unhealthy. Your intentions are to make him hurt and to punish him so that you feel more worthy and in control in a distorted way! It's not "clean," therefore you are power-playing versus executing self-power. If you are strong and you believe in yourself, you will not need to do this.

Ruining his razor is vengeful. It does not matter who deletes who first on Facebook. As long as the "ties" are broken, it doesn't matter.

Many men and women who are going through separation or divorce may also use their children to aggravate and get back at the partner for the things they did or did not do or to control financial outcomes. Many court battles would not take place if this "DIRTY" mindset was addressed early on. This not only affects the children; it affects you. You end up creating far more problems in the short and long-term. It takes more energy to be vengeful than it does to heal, learn, and be graceful. Feeling angry or hurt can be part of the breakup, separation or divorce process. I encourage you to sit with it and understand your feelings, rather than acting out and doing things you later wish you had not. In the long-term being "clean and graceful" will save you lots of time, energy, pain and in some cases money.

### **Here is an example of "CLEAN" Personal Power:**

*He has left his electric razor at my place. It's best that I do not call him. Even though a part of me would like to, right now, that is not a good idea. I can either email him to ask him what he wants me to do with his razor and his other things. Alternatively, I could send his stuff to him in the mail. This way, I do not need to contact him.*

*In regards to social media, I feel that it's best to close our connections because seeing him online, and knowing what he is doing is not allowing me to move on. I will delete him from all of my online connections. This way, I will more easily be able to get on with my life and heal. This is what I need to do for me. This has nothing to do with them. I have no expectations, no hidden intentions and I do not want anything from this person. Our time together has come to an end. I no longer need to know his movements. This may change in the future, but I know what I need right now! Moving on is what I need and want so that I can once again be in a relationship, a healthy one.*

Can you see the difference between "clean" and "dirty" behavior? The intentions that drive these two ways of relating to others and oneself are vastly different? This same theory

applies to any area of your life and to all relationships, whether it's personal or professional. What are your intentions, and what are you hoping to gain by doing A or B?

Getting a handle on this will change your relationships forever. A healthy relationship cannot function on power-playing. However, personal-power is essential as this incorporates integrity, self-care, respect, mindfulness, honesty, awareness, and self-worth.

Unless you were born an enlightened being, all of us will have experienced a power-struggle, anything from mild to extremely toxic. If you are in a relationship with someone who is playing the power and control card, you are most likely playing it, too, possibly in a different way. You could be controlling in other ways or you may tend to attract partners who are controlling as you don't believe in yourself and therefore you find it easier to be controlled than to step up.

**I recommend that you identify areas of your past or present relationship(s) where power-struggles have been present. For example:**

- ❖ Passive aggressive when unhappy, i.e. not talking to the person as a form of punishment rather than communicating effectively and resolving the issue.
- ❖ Withholding sex as form of manipulation and control rather than communicating effectively.
- ❖ Misleading people to manipulate an outcome.
- ❖ Delivering ultimatums in order to get what you want.
- ❖ Using money to control your partner.
- ❖ Needing to be right rather than understanding each other and negotiating.

If you would like *healthy love* in your life, the power-struggles must be put to an end. Normally, this behavior will not stop for the long-term unless both parties are willing to address what drives their distorted actions.

Get clear and “clean” by addressing your or your current or ex-partner's need for control and power in a way that has you stepping out of the game and into mindful, honest and connected relationships.

**Wanting to** change or break the emotional game cycle is different from actually **doing it**. If you really want to change, I suggest your write down different ways to deal with situations that usually have you in a power battle. This way, you'll be ready to react differently when you're emotionally triggered. The idea is to be proactive, NOT reactive.

Great men do not want to play games. Men of great character want a loving and connected relationship, not an emotional rollercoaster. They'll get fed up and it's unlikely they'll

commit. This means that, if you're experiencing a power-struggle, either you're the instigator or the person you are dating is. Someone has to break the cycle, and since you're the one reading this program, the best person to do that is you! And soon enough, you'll know if you're with a man or a man-boy. If you want to be with a MAN, you need to act like a WOMAN, not a teenager.

Leave the games in the school yard! Destructive teasing and bullying does not encourage love. Real love cannot exist when there's a constant battle of the egos.

And I'll say it again: Relationships are not supposed to be difficult. They're supposed to flow most of the time. In a healthy relationship, challenges will arise, and once resolved (through constructive and open communication), the resulting learning and understanding between two people will help further build love and intimacy into the relationship. GAMES WILL NOT DO THIS.

Having said all of that, maybe a game of catch and kiss or a sexy card game could be fun and add a little bit of spice! That's clean fun and play. Know the difference and allow your love to bloom!



## 31

# Going Nowhere Relationship

*If you are stressed, unhappy and not connecting with you partner,  
Then you could be in a relationship with no legs!*

God knows I have certainly been in a *Going Nowhere Relationship*. (Actually, more than once!) I have also been in fabulous relationships. Overtime, I have learned what does and does not work for me. As I have matured, I have come to learn what is and isn't important to me. Once you have some clarity, you'll be able to recognize and attract the kind of relationships you would like.

Sometimes, it's hard to know if the relationship is going "somewhere" or "nowhere." The more you know yourself, the easier it will be. Firstly, be aware of your own expectations, which are inclusive of your beliefs, as this will determine what you want and how you view your relationships—past, present and future. Also, sometimes we have our own personal challenges, what I call "internal gremlins", and these gremlins may be standing in the way of you having the kind of relationship you seek. You need to be honest and realize that you may very well be contributing to your relationship issues. That said, you are both most likely contributing on some level, as is the case when there are two or more people in a dynamic.

Once you have decided what you need and value for a healthy relationship, you will then be more able to articulate to your partner what you would like to address with clarity and confidence. If your partner is not open to addressing concerns and challenges surfacing in the relationship, you may be turning yourself inside out trying to make a relationship work that simply will not. If you have incompatible values and expectations, it can be an uphill battle that has little more to offer you than stress, anxiety, dissatisfaction and frustration.

## Here are some characteristics of a Going Nowhere Relationship:

1. There is little to no communication.
2. There is no mutual trust or respect.
3. There is no emotional or physical connection or intimacy.
4. He is/you are often dishonest.
5. He is physically/emotionally abusive.
6. He is/you are not a person of their word (say one thing and then do another).
7. He/you only make contact when wanting something.
8. He never asks you to join them socially.
9. You may feel as though you are living separate lives yet are still together.
10. You have no shared interests, different lifestyles; no common glue for longevity.
11. There is too little care, support, love, kindness, consideration.

There are so many diverse cultures and religions in the world and we will all have a different perspective on what we believe is a healthy relationship. What is right for me may not be right for you. There are people who are interested in monogamous relationships (which tends to be the norm). while others are interested in open relationships. There are also multiple marriage relationships such as polygamy and polyandry. I have no opinion on what is best or universally “right” because there is no right or wrong decision here, it all depends on what your heart, mind, body and soul truly wants.

In spite of this, I do believe that there are some fundamental basics that do enhance a relationship and allow for “healthy” love. If honesty, communication and kindness is a must for you, then abide by that. Know what works for YOU and what you value!

You may be wondering if you can you turn an unhealthy relationship into a healthy one? The answer is yes, no, and maybe. It depends! Both parties need to be willing to change, to have some humility and want to learn and grow together, which is at the core of any good relationship. If only one of you is willing to learn and grow, it's almost impossible to make the other do so if they are not interested.

If you don't have a clear understanding of what a healthy relationship is to you, it's likely you'll stay in a going nowhere relationship due to your lack of awareness, understanding and self-love. How unfulfilling is your relationship? Is it time to address the issues, accept things as they are, or is it better to walk away?



32

## Personality Vs Character

*Save yourself from heartbreak...*

For anyone who has entered a relationship that started off amazing and ended up in a place of disbelief, confusion, or disappointment, you may need a lesson on the difference between someone's personality and character. I have certainly been in this place of confusion. Had I known the difference in my teens and twenties, I would have saved myself a lot of time and heartache.

Learning the difference between Personality and Character will greatly assist you in all of your personal and professional interactions. As a Professional Coach and Behavioral Practitioner, this distinction will, at some point, come to the forefront with all of my clients throughout our coaching relationship.

So what is the difference between Character and Personality? Personally and even professionally, have you ever met someone who was charismatic, alluring, fun, exciting, seemed interesting, and someone you thought you would like to be around and get to know (or even do business with), only to find out that they are possibly unreliable, not a person of their word, maybe unfocused, lost, inconsistent, insincere, manipulative, dishonest, physically or emotionally abusive, cheating behavior, anger issues, emotionally unaware, poor communicator, etc.? This is not to say that someone who's unreliable, or emotionally unaware is of poor character. However, they're certainly something to keep your eye on.

Normally, someone of poor character shows a multitude of cracks, though these cracks are not always visible straight away. Rushing into a relationship with a charming and or alluring person is initially based on a superficial/surface allure. Like all relationships, it takes time to find out who you're *really* investing your energy into.

Oftentimes, those who get caught up in an unhealthy relationship did not take the time to see what runs under the surface of the initial attraction, and usually, the relationship is stressful and confusing. It always ends up in tears. Those of us who have been through a dysfunctional

relationship know that the “good” gets jumbled up with the “bad,” and that the *perceived* “good” is what keeps people hooked in this kind of a relationship.

**For example:**

The person of questionable character may oscillate from engaging and attentive to withdrawn, inconsistent, moody, and possibly abusive. As a result of the confusing data or behavior presented to you, you might feel as though you are in a tug of war. Your emotions are all over the place. You may think the person is both wonderful and horrible at the same time.

When you are not clear of the difference between personality and character, it takes longer to sort things out. Everyone has their imperfections and challenges. However, a person with poor character is normally unwilling to improve or recognize their wicked or undesirable ways as their actions are usually feeding something within them that they are not willing to see or address, they are getting something that they think they need by acting this way. Also, if you stay connected to this kind of relationship you are normally experiencing the following, or thinking along the lines of:

1. You believe they will change. They said they would. Even though nothing changes for long or at all, you continue to hope for the best even though you often end up back at square one.
2. You may question your self-worth and think that maybe there is no one better out there for you or that no one else will want you.
3. You may be blinded by the allure and charm. You have started to believe their lies and have been manipulated. You may not be able to see clearly as you are caught up in a messy and emotional web.

The three points above indicate that you too have work to do on yourself. Someone who is not clear about what they want and the kind of person they want in their lives will continue to stay in this unhealthy and dysfunctional situation. This means that you, too, have an air of “dysfunction” and your perspective is distorted. Otherwise, you would not remain in the situation.

If you like people who have a super personality then you've hit the jackpot if the person is both alluring, interesting, honest, a person of their word, with integrity, considerate, consistent, kind, mindful and thoughtful, have humility, emotionally stable, etc. This person sparkles from the inside out!

**Here is the difference clearly outlined, and it's this simple:**

**Personality** = **Surface** (personality, money, looks, exterior)

**Character** = **Core of the person** (under the surface, the inner person)

Take your time to see the character under the personality! In the past, I've certainly dated Mr. Charming with next to zero character, and yes, there was confusion, frustration and tears! Save yourself the tears and get to know the one you are giving your time, energy and love to. You might like a quiet or introverted type. You may like someone who is loud and funny, regardless, get to know his or her character.

Sometimes, it is not just the personality that the person works on to attract people. They may also focus on superficial and materialistic hooks. They spend a lot of time and money perfecting how they look. They may try to lure people by their wealth or perceived wealth, or by their appearance. It is all about looking shiny on the outside. Being shiny on the outside is not the problem, but are you shiny and lovely on the inside, too?

Not one person is without his or her challenges. However, a person of good character knows how to step up and evolve.

Don't rush. Take your time to get to know the people who enter your life, be it; romantic, business, family or social relationships. You can still be warm, personable, and excited to get to know someone. Just be smart about it and look after your heart (and your core values).



## 33

# Be mindful of Character

*Don't ruin a relationship trying to find it!*

Now that you have read about the difference between personality and character, I feel that it would be helpful to share with you that knowing this can also hinder your judgment. Although having a good understanding of the kind of character you are looking for in a relationship is paramount, you may also jump to conclusions about someone's behavior and unnecessarily label them as unreliable, rude or having poor character too early into the courtship.

Intense scrutiny may sever a potentially healthy relationship prematurely. Learn to be gentle in your approach. No one wants to be able to see a scoreboard in your head. Soften the gaze, soften your approach, and notice what is taking place. You can be gentle about it!

Sometimes it's blatantly obvious that this person is not for you and that their character is poor and certainly someone that you need not meet again. I have been in this situation when someone has behaved very poorly during the first couple of dates and the behaviors were deal breakers. What I have noticed is that sometimes there are misunderstandings, insecurities, uncertainties, and shyness that may come across to be something they are not. I will share a client story with you.

Stephanie was a client of mine who came to see me after she had broken up with a very "exciting" man. This man was also very attractive physically and extremely successful (financially). They had fun together, and she believed he loved her greatly. I believe that he did love her, too, the best way he could (not a healthy love), however, his poor character traits started showing.

After a period of time, she started to question his integrity. Eighty percent of the time, he would not follow through with his word. He would often choose his mates over her, and she started to pick up on some lying.

She was not naïve. She did address her concerns with him, and he did promise to address his unreliability and other concerning behaviors. However, talk is cheap and his behavior did not change consistently if at all. As a result she lost her faith in him and the relationship.

This man was Mr. Personality and dating Stephanie was different for him, as most of the girls he had been with did not challenge him nor his poor behavior. He loved her ability to see through his dishonesty and he did want her in his life. As it turned out, he had a cocaine addiction. If you know much about addictions, the love for the drug will almost always win over the love they have for you.

Addiction or not, the fact is that his behavior did not support her core moral values and personal values of intimacy, awareness, health and honesty. Being with him presented an emotional rollercoaster, which was affecting her health and daily enjoyment. It was preventing her from meeting someone else who was kind, loving, supportive, honest, reliable and emotionally healthy. She realized that she was better off being by herself than staying with him. She decided to treat herself with the love and honesty she sought, as he could not provide it for her.

About eight months after Stephanie and Mr. Personality broke up, she met a wonderful new man (Mr. New). She wanted to take it slowly and get to know him. After about 6 weeks, she noticed that the new man was showing some unreliable signs. At various times, he said he would do something, and he did not. My rule is that the first incident is just that an incident or an event. The second repeated behavior could be coincidence. The third time is almost certainly a pattern.

Stephanie started to lose interest and was disheartened. She was tempted to tell him that it was not going to work out and that she no longer wished to invest any more time. Because of her past experience with Mr. Personality, she was reluctant to give the guy a chance. She was very sensitive to his relaxed and loose arrangements. Of course, this was understandable. However, she was jumping to the conclusion that Mr. New and Mr. Personality were the same people. I suggested that it was time to gracefully and clearly talk to him about it.

This discussion normally will bring about a couple of outcomes a) He will think she's demanding. He will not agree with her and start to think she is controlling and possibly retract from her; b) He understands yet continues to repeat the behavior (even though he said he would work on it); or c) He sees her point of view and he decides to address his ways.

As a result of their discussion, he agreed with her and told her that he would not want someone to do that to her. It had been a while since he had been in a relationship. He told her he would take it on board. They have been together for 12 months now, and he has not once let her down like that again! He is a kind and attentive partner. Every now and then they will have challenges. However, he is committed to her. They are willing to work things out together. As a result, they have a very healthy and loving relationship.

The lesson: Be clear about what you would like from your relationship. However, be mindful to not jump to conclusions. The behavior might be similar to someone who has hurt you, or it may certainly indicate that the person is struggling in the area of “good character.” However, sometimes you cannot be certain and you may not be giving someone the chance to show you otherwise.

Don't pay attention to words. Pay attention to behavior. Keep your eyes open, be gentle in the process, and learn to communicate in a way that is constructive, clear and graceful.

# Part3

Keep Love & Attraction Alive



## 34

# Vulnerability & Humility Are The Secrets

*Step away from pride and ego to strengthen your love*

Humility is one of the most appealing and favorable qualities a person can reveal and share with another and particularly powerful for any long-term relationship.

If you would like your relationships to flourish, it's tremendously important to master the art of humility. For some, humility may be perceived as a weakness; on the contrary, it's a massive strength!

It takes strength to admit that you have made a mistake. It takes strength to realize that sometimes you may not be aware of the effect that your actions have on others. Sometimes, we are not aware of what we do or why we do what we do, which can be hurtful to oneself and a relationship. Showing your humility will allow you to be honest, open, and transparent in way that is endearing, valuable and heart-connected.

And why are humility and vulnerability character traits that strengthen all relationships? Because relationships cannot grow and develop in a healthy fashion without these two qualities! Humility cannot exist without authenticity, honesty, and vulnerability. It builds intimacy, understanding, and it brings people closer together.

It's only a matter of time before someone in a relationship upsets the other or does something they wish they had not. Without humility and the willingness to understand the other person's perspective, the relationship can easily deteriorate and end up in a power-playing match.

If you are emotionally fragile, have a massive ego or lack self-worth, you may not be unable admit or see how you are contributing to the relationship challenges. As a result, the quality of your relationship may start to suffer. To admit you made a mistake **does not** make you less of a person. To admit you felt insecure or threatened does **not** make you weak. To admit you use sarcasm as a way to feel better about yourself is not something to be scared of. Humility

allows you to change these behaviors. Humility is liberating and freeing. It is also a VERY attractive trait, and it certainly builds intimacy both emotionally and physically.

### **Here is a simple example of humility:**

Imagine that you had a big day at work, a couple of things did not go to plan and you have returned home frustrated and annoyed. You walk in the door and see your husband who is cooking dinner. You notice that the rubbish is overflowing, and you think that he should have put it out by now.

Instead of saying, “Hello! It’s great to be home and it’s wonderful to have dinner prepared,” you bark at the person and tell them off for not taking out the rubbish. Now you are even more annoyed, which is really about your work and about YOU. Now, he feels attacked and needs to walk on egg shells around you! What would have been a lovely evening has now turned into an uncomfortable experience.

While you are outside taking out the rubbish, you stop and take a couple of breathes and have a think about your jumpy and reactive behavior. You return inside to share your thoughts and feelings with your husband, “When I was outside I realized that I am essentially not angry with you. I had a terrible day and I used the rubbish as a way to release my anger. It was not my intention to put you down. I am actually feeling very stretched at work and not feeling on top of things. I feel like I am lacking control. Instead of letting you know that I was stressed and needing some time to rest upstairs for a couple of minutes before dinner, I reacted to something that was not important. I appreciate that you came home earlier than I did today and started dinner. I value you and our relationship and I realize that my outburst of frustration does not support us. I will work at going about this differently next time. Thank you for looking after me.”

Your partners’ response may be something like, “Thank you for sharing that. I realize that your frustration has very little to do with me. I am aware that work is intense for you right now. Of course, I don’t like it when you are snappy, so I appreciate you making the effort to explain and to also work on it. I know that sometimes I am a bit slow with helping around the house. I will make more of an effort to improve this too.” They hug and all is pretty well restored.

Both of them admitted to their shortcomings and both agreed to address their quirks/behaviors that are taking away from the relationship. They can now continue the evening being connected, rather than estranged, hurt and angry! They may even work out a plan or a way to deal with similar future situations. Does she call on the way home to let him know she’s feeling really lousy and vulnerable? On the way home, does she need to use her time in the car more effectively to relax and get out of work-mode and into home-mode? There are a variety of

solutions to most issues. Two people in a committed relationship can certainly learn to be great problem solvers and be a great team.

Can you see how this kind of clear and graceful communication with humility can greatly help a relationship to develop and grow? As long as both of you actually do make the effort to apply the changes stated, the relationship will be able to move to higher levels. Otherwise, I suggest its best not to say that you will do something if you don't actually apply the changes as that will create more problems.

The only time I feel that it's unwise to show humility or vulnerability is when you are dealing with someone who shows consistent poor character. They may be manipulative, deceitful, and into power-playing. They may use your humility and vulnerability against you.

Also, someone who is closed off and emotionally withdrawn may not be able to show humility and vulnerability. You can try and see if they open up or reciprocate, however, it may not be something that they are not capable of doing at this time in their life.

You should have a good idea of someone's character between 4 and 8 months into any relationship, if not earlier (For me, I can normally work this out within the first two weeks. However, sometimes, it takes time and it depends on how much time you spend together). Healthy relationships can only manifest if both parties are healthy - or willing to be healthy. For clarification, read my chapter, 'Personality versus Character'.

Do not be afraid to confront parts of you that need some exploration and tweaking. If you have spent years acting with pride and stubbornness, or you are simply unconscious to your unhelpful ways, then this way of communicating and understanding yourself will be foreign to you. I suggest you invest some time and energy into cultivating the humility trait.

Learning to express yourself with humility will get easier and easier. You just need to start. This will change the quality of your relationships forever, and most importantly, the one you have with yourself.

If you are struggling with your internal world and finding it challenging to apply new ways of being, I suggest you find a professional coach or therapist to work with you. For many of us, it's more effective to have someone assist us on our personal development path. Seeking support is somewhat an act of humility and certainly vulnerability. It is an act of strength and courage that is required in order to grow and be authentic. Life is too short to pretend that you are doing well when, internally, you are not. Take the steps you need to make the progress you seek. I am always amazed and energized by how quickly change takes place when my clients are focused and apply themselves.

I would like to reiterate that my intention to write 'Never Lose Him' was to invite you to explore parts of yourself that may be taking you further away from a loving and healthy relationship. These new learning's are designed to inspire you to apply new ways of being for

core fulfillment. It does not matter what part of you and your life you wish to evolve or improve — love, attraction, weight loss, family, confidence, communication, sleep, parenting, health, stress, anxiety, depression, career, etc. — it's all the same. Start exploring you and the rest will follow!

Remember it shows strength to be real, honest, introspective and open – humility is a beautiful and powerful trait. And believe it or not, it can be VERY sexy!



35

## FLAG-IT!

*Don't expect others to read your mind...*

This topic follows on from my previous chapter on humility and relates to various other chapters in this book, such as; communication and personality versus character. You will see that to “FLAG IT” is a wonderful tool to use when you are feeling stretched, cranky, in a mood, feeling overwhelmed, tired, confused.

“Flagging” will certainly save you a lot of confusion and uncertainty in any relationship. I invite you to ‘flag’ your state of mind so that everyone around you knows where you are at...

If something in my life is demanding or has not gone to plan, I may feel flat or maybe a little stressed. When I feel flat or stressed, I may behave differently from how I normally do, which is acceptable within reason. Remember, it’s okay to not feel super fantastic and happy all the time. Other emotions do pop in and say hello! So when I am feeling stressed and someone calls me, or I arrive home to see my partner or housemate and I am obviously not in a great mood or tired, the person around me may take it personally or wonder if they have done something. This is the time to speak up and FLAG your behavior or your mood. I suggest you say something like.

- ❖ I want to let you know that I am not feeling great today. If I seem quiet or reserved, it has nothing to do with you. I am processing a conversation I had with my boss today and I am a little flat. I wanted to FLAG IT so you know.
- ❖ For some reason, I am feeling cranky and I’m not yet sure why. So if I seem a little irritable, please know that it’s me and not you.
- ❖ I am really tired and not up for much chatting tonight. If I seem reserved, I am just trying to conserve energy. I’m going to have a bath or a nap, and I’ll see you in a little bit.
- ❖ After our discussion last night, I am feeling confused. I’m not angry. I am reflecting and need some time to think. I know we’ll work it out. Let’s talk more about it tomorrow – or

I am sure I will be over it tomorrow. (You can then nicely touch your partner or give them a kiss before you leave the room.)

When we know ourselves better, we are then more able to build a strong personal foundation that allows us to be conscious enough to effectively recognize our “status,” and therefore be able to “flag” this with ease, which is essentially communication.

Flagging is a wonderful way to keep the relationship flowing and connected even when you’re not feeling great.

If someone does not flag what is going on for them, then you can either accept they’re having a lousy day and try to not take it personally, or ask what’s going on for them. If they are not open to talking about this then they could possibly be power-playing or a person who internalizes most things.

I suggest you and your partner make a joint decision to implement this tool into your loving relationship. Then again, you can use this with family, friends and colleagues.

On the flip side, if you are “flagging” daily or VERY frequently, there is possibly more running under the surface, and you would certainly benefit by addressing some core issues. You may have some beliefs or unhelpful mindsets that are greatly contributing to your stress, anxiety or depressive feelings. Feeling annoyed, sad, moody, or the like on a consistent basis indicates that it’s time to stop, reflect, and tweak the internal you.



## 36

# When You Change So Does Everything Else!

*“There’s only one corner of the universe you can be certain of improving, and that’s your own self.” Aldus Huxley*

This topic on change is a terrific lesson for each of us, and something that you may need to keep reminding yourself of from time to time or daily.

It is not unusual to have a new client come to me and say something along the lines of “If only my partner was not working so much, then life would be better. He needs to change and then my life would be perfect,” or “If my parents were more supportive when I was younger, then I would not feel so miserable about myself. Until they change, I can’t see how we will get along. They are the ones with the issues, not me.” The focus is external (about blame), rather than internal!

Not too long ago, I had a coaching client who had not seen her family properly for some time. She had been living overseas for many years. When she returned to her country of origin, she attended various family gatherings. She was very upset when she came to see me. She shared with me that, when in the company of her family, all of her past insecurities would surface as though she was a child again. She felt as though no one listened to her, that she was stupid, ugly, and had nothing to offer. To me, she was clearly an attractive, intelligent and articulate woman. However what I saw was not important; she needed to be able to see it and she needed to stop comparing herself to others.

She wanted them to be different, for them to change so that she would feel better about herself. I asked her why she felt that they needed to be different for her to be okay with her. What was stopping her from making changes from the inside out so that she no longer needed them to change in order for her to feel worthy accepted and loved? It really did not matter what they did, or what they thought. What she thought was what was important.

At this stage, she was the only person that needed to change! In fact, no matter how much they changed, I can assure you that she would not have felt better about herself because her neediness was standing in the way. She needed to start liking her unique self.

- ❖ If she was quirky she needed to like her quiriness
- ❖ If she was quieter than the others, then that was all it was. She was not less or more.
- ❖ If she was less financially successful, she was not any less or more important or valuable, and so on.

She did not need to think or be like her family to be valuable. She was valuable and worthy as she was. If she was shorter, taller, smarter, funnier, slower or faster and so on, it did not matter. As a result of her low self-worth and self-esteem, she was also fearful of getting hurt and was hesitant to entertain the idea of building a loving relationship. She needed to reconnect with herself, to build her personal foundations, to like herself, and to find her voice again (which she did)!

She wanted them to change, to speak to her and treat her differently. Instead, **she needed to be different** so that their actions no longer had an emotional hold over her. Can you see how she had allowed her family dynamics to affect her romantic relationships, too? Because she felt unworthy in the family, she believed that no one else would value her. Of course, if they put her down or are unkind to her, she may need to create a boundary and clearly and gracefully ask them to stop.

The more worthy she feels and the more she steps into her personal power, the less she will feel the need to ask them to change. She will need to discern what is required and appropriate. They are not able to make her feel less worthy or more worthy.

To achieve a new understanding of her worth and value, it's essential for her to invest well-spent time and energy into developing herself from the inside out. From there, she can build her personal foundations and expand her consciousness and awareness.

In summary, change starts with you, if you want things around you to change and they are not changing, YOU must pioneer the change you are looking for. Most of the time, when you change, others also change around you, as they will need to adjust to your new way of being. However, your motivations for change need to be an act of personal power, not power-playing! I would like to encourage you to make “clean” changes as opposed to changing in order to manipulate and control (“dirty”).

Sometimes, when we change, others may not at first feel comfortable with the changes they see in you, or they may have mixed feelings about it. Of course, it depends on what you are changing. On the flipside, some people may be very delighted with the changes you have made.

If you have been a pleaser and you start saying that you cannot do something, the asker or the people who expect you do certain things will either accept it or they may get annoyed and/or try to change your mind. When you say “no” it needs to be clear and graceful. You do not need to be aggressive about it. You need to hold your ground and say no with certainty, integrity and dignity. You will need to be prepared for others to not like your new ways and not let this stop you on your path of change. In life, you cannot make everyone “happy”!

Sometimes, when people set out to change, they may not have found their voice nor the vocabulary that supports this new way of being. As a result, they may not be convincing in their approach. Be prepared for people to challenge your decisions. You will need to be able to respond with clarity and grace. I suggest that you think of some potential rebuttals you may receive from the people around you and role-play your answers so that you are prepared!

If you don't have an answer and you feel that you have been put on the spot, I suggest your answer be, “I'll get back to you later,” “Let me think about it,” or “I'll let you know once I have more information,” etc.

If you have been a person that yells, blames and screams when faced with conflict, then I suggest some humility will go a long way. Be honest and get to the core of your need to blame and yell, and/or create a boundary that stops you and the other person from engaging in destructive and emotionally damaging conflict.

If someone yells at you and is verbally abusive and you no longer want to respond in such a way, they may either back down or get worse as you will not be feeding the drama and the adrenalin. They may try to bait you further. When someone is calling you names and saying things that you believe are inaccurate, *it's a skill and strength* to NOT respond, to walk away or to respond clearly and gracefully. You might say, “I think that it would be great to talk about this when we are not emotional. I am going to leave now and we can talk about this later.” Or “We are both upset. Let's talk about this later today or tomorrow when we've had some time to reflect.” Then, you leave the room, the house, the office, and you do not say another word.

Change is limitless. Write a list of all the things about you and your life you would like to change and start working through the list. Sometimes, change is easy, and sometimes, it's not. If you are struggling or would like change to take place quickly and effectively, I recommend getting professional support.

The reasons that most people are slow to change typically comes down to not knowing how to change or what to do, as well as; a lack of self-worth and confidence, which links to self-doubt, fear of rejection, fear of getting things wrong, fear of disappointing or upsetting others, fear of the unknown, fear of change itself, etc.

In addition, there is always a **payoff** attached to all that we do. Particularly, if there is something in your life you are finding hard to shift, I ask you to be conscious of the payoffs you are receiving.

**Here are some examples:**

<b>Unwanted Behavior</b>	<b>Possible Payoffs (to name a few)</b>
Depressive and disconnected	Hide and not take responsibility for self Allows laziness Blame others Remain a victim
Opinionated and righteous	Get to feel “right” and Act as though I am better than others
Quiet, meek and mild	Stay safe from rejection and being judged Don’t think anyone cares, best to not bother and keep the peace
Take drugs, drink alcohol	Gives false confidence Allows people to escape Avoidance of emotions Blame others
Over eating, bingeing	Use food as a from of self-nurturing and love Avoid facing emotions Feel a false sense of control and release (although shortly followed by regret or feeling awful)

Take the time to build your personal foundations so that you are able to effectively face your fears and distorted views on reality!

And when it comes to relationships and dating, waiting for someone else to be more loving and more committed to you is often fruitless. When you change your approach, the relationship dynamic will change, too. And if you’re not having much dating success, it’s also time to learn new skills and tools and change your ways. Sometimes, it’s the smallest change or changes that can create the most beautiful results.

There is one thing that is certain in life, and that is CHANGE. Leopards DO change their spots, **if they WANT to**, which means you can too!



37

## Who's Right or Wrong?

*Seek to understand rather than making each other wrong*

If you would like to improve the level of communication and intimacy in your relationships, then this is a very important skill to have. Becoming mindful of your “right” and “wrong” way of thinking and learning alternative ways to communicate your perspective will enhance the quality of your understanding and connection.

Often in a relationship, when we experience a glitch or challenge, we get caught up in who is *right* or *wrong*. But in many cases, the people involved may simply have a *different* understanding and perception. Graciously find out what motivates the other person to do what they do. You might be very surprised with what they share. Getting caught up in your ego/worth stops you from learning about each other and hinders quality communication and resolution, and weakens relationships. Seeking to understand the other person before labeling them as *right* or *wrong* will improve romantic relationships and all other relationships.

In some instances, you may not use the words “right” or “wrong.” Alternative words that indicate a similar mindset are *good* versus *bad*, or *positive* versus *negative*. However, occasionally, I do use these words such as positive and negative, or right and wrong. It depends on the context and the frequency. When I catch myself using these words, I am quick to challenge my thoughts and to see if I’m using them in a limiting way or not.

If you were brought up in a strict household or if your parents were very black and white in their beliefs and in the way they disciplined their children, you may have a highly reinforced viewpoint of what you believe to be right or wrong. Sometimes, this is helpful in life, which helps shape your morals, integrity and character. But it can also lead to dogmatic, righteous and limited thinking that may stop you from being able to process life with new perspectives and wonder. And a need to be right or make another wrong does nothing to support and develop understanding, intimacy, and love.

Shades of grey are present in life, and if you are too left or right in your interpretations, you may be jumping to conclusions about situations and people, and narrowing your opportunities. Having a strong mind is not “wrong.” However, there are times when this way of thinking may be hindering your relationship or your potential for a relationship more than you realize.

There are times when a black or white perspective is helpful, but there will be times when some grey will also support you. You may need to soften in your viewpoint or harden up. It will depend on the circumstances and what’s at stake.

And if you love yourself, you don’t always need to be right or to prove a point for the sake of proving a point. What is your intention? What are you driven by? Do you want love or a battle? Do you want understanding or a battle? Do you want intimacy or a battle? Do you want kindness or a battle? A war zone is not where love can live nor blossom.

Rather than shaking your finger and stomping your feet, I strongly encourage you to focus on understanding each other. It’s from this place of understanding that intimacy and love grows.



## 38

# Is It Confrontation OR Communication?

*Skyrocket intimacy with effective communication*

Communication is without a doubt the most important aspect to any relationship. Effective and clear communication is a skill that is a reflection of your internal world, which is essentially the relationship and communication you have with yourself.

As I have shared with you various times throughout ‘Never Lose Him,’ if you wish to improve your current relationship or have better future relationships, then you need to improve the relationship you have with yourself. The better you understand yourself, the better you will be able to communicate with others. Sometimes having a conversation with ourselves is enough to get clarity on something that might be worrying us. However, at other times, this internal thinking and processing can turn an uncomplicated or inert issue into a monstrous problem. Unfortunately, we are all capable of distorting, misunderstanding and interpreting events in a way that can be detrimental to our external relationships and us! If you suppress the things that are on your mind for too long, you may very well be creating far more unnecessary pain than is justified.

Have you ever bottled up something for days or months or even years for fear of being judged, rejected or not accepted, or fearful of an anticipated outcome ? When you finally built the courage to express and communicate your thoughts, what were you thinking that was significantly different from what the other person was thinking? Unfortunately, this happens frequently as no two persons think alike, nor have the same life experiences and points of reference.

Some people communicate in circles. If you think of yourself as an emotional person with lots of feelings, you may be able to communicate/talk, and you may think that you’re a good communicator. However, there is so much information being offloaded that, not only do you become overwhelmed by all the data, so does the listener. Instead of creating clarity, you could be creating more confusion, frustration, and tears. This is why I write about clear and

graceful communication. You cannot communicate clearly and effectively when your mind is in overload or overwhelm.

Of course, when you are unsettled by something, you may not feel comfortable to discuss what is bothering you. You might be fearful of the outcome, such as; hurting someone's feelings, fearful of intimacy and vulnerability. Maybe you are fearful of being manipulated, of being judged, etc. However, if you shift your mindset to view conflict as a difference of opinion or miscommunication and if you see communication as an avenue to clarify and connect with another, then you may find the idea of talking and sharing your thoughts less daunting and more doable. I am a huge believer that when two people are both willing to learn and grow and share their concerns and doubts. It can be a very beautiful and rewarding experience. This authentic and honest sharing will bring people closer and can build intimacy.

### **Understanding and dealing with Anger:**

Anger is an emotion that we all experience. Is your anger or someone else's creating distance in your relationship?

Anger is often one's reaction to another person violating their rules or standards. For instance, when your partner lies to you, you are bound to get angry because he violated your standard of trust and the often implied rule that you must be honest with each other.

Anger could also be a response to hurt. Humans tend lash out on those who we believe have hurt us. When someone does something that you believe is hurtful, typically, you instinctively want to hurt them back so that they will stop hurting you. Sometimes, you retaliate to get justice or else your unspoken rule of fairness gets violated, which is bound to make you even angrier.

Anger is a natural emotion meant to protect us from harm or loss. But it can lead to even more harm and loss when improperly handled. Anger, particularly frightening anger, can kill a relationship in more ways than one!

However, communicating anger in a healthy manner could help you improve your relationship. It could lead to clarity. You and your partner begin to see what you don't like in your relationship and what you'd like to happen instead. It exposes the problems in your relationship that you both need to work on. It also reveals your conflicting values and personal rules that you and your partner were not previously aware of. Now that you are aware of these conflicts, you can work out a compromise.

When someone behaves or acts in ways that makes no sense, that appears irrational and completely off the wall, in ways that do not sit well with you, I suggest you take a moment to reflect.

Make an effort to rise above the situation and stand in their shoes. Try to be objective. Some discernment and honesty about you is needed here! What hand are you playing in this situation? Are you fuelling the fire or engaging in the drama?

You may need to make some decisions if it is still incomprehensible and hurtful, maybe cruel, even deranged, and certainly not what you want in your relationship, and the behavior is not commensurate to the issue (abusive anger never is).

If you have already tried to shine the light on their distorted and damaging behavior with no obvious changes made, then STOP trying to make them see your perspective or wanting them to change. Their behavior normally will have very little to do with you. You are a trigger for something that is deep inside them, possibly in their subconscious, that is like a ticking bomb. It's just a matter of time until the pressure within detonates.

This does not mean you condone this way of being. I suggest you put in place a strategy to distance yourself or remove yourself away from that person for the long term or until they have sort professional support and they are actively doing something about it. What will make it easier is to be true and authentic with yourself. You need to be very clear about your worth and value, and realize that their behavior is not an indication of your self-worth. It's about their lack of self-worth, their lack of "control," and their inability to deal with events in life that do not go to plan. Meaning they are not getting what they want, or life is presenting in a way that disagrees with their ideals, or what they think should be happening for them to feel good about themselves.

Be clear how you plan to move forward so that you do not fall back into old habits or venture back into the snake's den. Some people who have this kind of twisted anger can have a *Jekyll and Hyde kind* of personality disorder. A person with this disorder is vastly different in moral character from one situation to the next, which can be confusing. It can keep you hooked because the "good" part of them can be very alluring, yet the "dark" part of them is terrifying. Unfortunately, being in a relationship with someone who is like this can be painful, exhausting, scary, damaging, and certainly not good for your emotional, spiritual, mental, and physical health. You are often on tenterhooks, fearful of the next outburst or rampage! In this situation, love and intimacy cannot be maintained and certainly cannot grow in a healthy way.

On the flip side, you might be that person who is reactive, explosive, and consumed by uncontrollable rage, often cruel in your behavior, and sometimes regretful after the fact. Or you possibly believe your reactions and behaviors are deserved. As mentioned earlier, I can assure you that this anger is most often fuelled by something that is inside of you that has not been addressed and has little to do with the external triggers. Past pains, hurts, trauma, or loss that you haven't healed or may not have conscious access to may be fuelling you and creating more pain and dis-ease in your life than you realize.

Anger is an emotion we can all experience and it's important to release anger. However, anger can surface in various ways. There are constructive ways to express anger, and then there is destructive anger and behavior. One of the best things you can do is talk to someone who can help you to track where the anger is coming from and assist you to express it in a way that supports your relationships, rather than creating a catastrophe.

No person feels safe with someone they know can turn on them. They'll always be a little cautious or guarded. So if you are the receiver of the anger, I would certainly encourage you to ask yourself if this relationship is healthy for you. If you're the one with anger issues, I suggest you wholeheartedly commit to healing your anger so that you a) are more loving and kind to yourself, which creates b) more love and connection with another.

Stop living in fear of others or even yourself. Living with anger, blame and pain is no place to live, but you can do something about it. **Love and intimacy begins** with inner love and intimacy.

No matter what the issue, a healthy relationship can be further nurtured and developed through clear and graceful communication.

### **I had a client who shared with me the following situation:**

When Sarah came to see me she felt as though she was failing in various areas of her life. She was in her late 20's. She had been married and divorced and was now in a relationship with someone else. They had been together for three years and she really wanted to have a family sometime soon. When I asked her what he wanted, she told me that she did not know, that they don't talk about their life, goals or the future. I asked her what was stopping her from asking her boyfriend what he wants for his future.

She responded that she was not sure if he was the person she wanted to have children with. She also did not know whether he wanted children at all or with her. Neither of them were great communicators. They were coexisting/cohabiting, but there was no real connection between them. They were functioning "beautifully" this way, except that Sarah was terribly unhappy, depressive, and unfulfilled. She felt like her life was not taking her where she wanted to go. And the reason why I say they were "functioning beautifully" is that the relationship had been providing exactly what they both needed and wanted—a place to hide! Their relationship required no REAL communication, no obvious learning or intimacy, and no need for introspection or vulnerability. Some people can remain in a relationship of this nature for decades or FOREVER. They usually believe that they are not worthy of anything better or it's too hard to improve it!

The way for her to move forward was to build her personal foundations, inclusive of self-worth, her core personal needs, and values, and to identify her core beliefs. Her beliefs are what drive her emotions and behaviors such as her anxiety, depression, her inability to connect with her partner and communicate her life goals, her fear of being rejected, her neediness, desires and wants. Once she could identify her limiting beliefs and fears, she was then able to challenge them, enabling her to address and change what she wanted to change.

I would like to clarify that talking about EVERYTHING is not always necessary. As mentioned at the beginning the chapter, sometimes we can get some clear understanding and a healthy perspective by thinking about it and without discussing it with the other person. The more you understand yourself, the easier and quicker you will be able to discern whether to discuss something or not. Talking about your concerns with an emotionally savvy friend or a professional may be helpful, especially if you are a person who tends to talk in circles, easily gets angry, or finds it tremendously difficult to articulate your feelings or thoughts. Getting some clarity beforehand will be highly effective.

If you come from an abusive upbringing or if you have learned to be emotionally suppressive, or if you have been or you are currently in a relationship with someone who is argumentative or manipulative, or you personally find it difficult to communicate at all or without getting confused, you will greatly benefit from working with a professional. Working with a coach to overcome your blocks, fears and unhelpful ways will accelerate your ability to communicate with clarity and grace, which in turn allows for improved relationships, as well as harmony, understanding, and fulfillment in all areas of your life.

Sometimes clear and graceful communication will bring you to a **crossroads**. If you are avoiding making decisions about your life, you will avidly avoid addressing your relationship challenges.

### **You might be wondering:**

- / Do we actually like each other?
- / Do we have a similar life vision?
- / Do we both want to have children?
- / Do we have complimentary and common values?
- / Are we both on a learning and growing path or not?

Sometimes a conversation will shed light on a situation in a way that is pleasing, or on the flipside, what is revealed may not be so pleasing. Regardless, the honesty shared will be freeing

and whatever is revealed will give you clarity and something to think about and allow you to make informed decisions.

Here are some communication tips:

- ❖ **Avoid talking in circles.** Be solutions focused and decide to solve problems rather than hash and rehash a point. Of course, you will need to discuss the issue, although a lot of couples end up going nowhere in their discussions. Make a plan that both of you agree to stick to.
- ❖ **Avoid making the other person wrong.** Understand each other's choices and feelings before you pass judgment or make them wrong. Do this by asking questions in an open inquisitive way, and not in a condemning or sarcastic way.
- ❖ **Do not tell someone they always or never do something.** If you catch yourself saying one of these words, correct yourself. For example; instead of saying, "You're always rude to me, and I'm sick of it!" you can say something more like, "I often feel that you are speaking to me in a curt or annoyed way. I know that you're not like this ALL the time, although it does feel frequent. Is there anything I am doing to annoy you? Or is something going on that is bothering you that I'm not aware of?" This way, you open lines for communication, rather than telling the person off. You also ask if you are doing anything, even if you think you're not. It will help the communication. Then, work out a solution together. Sort it out together. And if relevant, you could ask, "Is there anything I can do to help or support you?"
- ❖ **Show humility and vulnerability.** Be open to owning your stuff and having the personal strength to be real and honest. This will allow for more intimacy to develop.

We all have our very own challenges. I, like you, need to address aspects of myself and my life so that I am able to move closer to what I need, value, and want. I have learned over time to communicate well. However, I do not always get it "right." Sometimes, it's helpful and necessary for me to reflect and tweak my communication so that I am able to evolve and enhance my connection with others.

The way I communicate is a representation of my inner world. In turn, I am able to grow and develop the relationships I have around me.

If I am irritable or rash in the way I speak, I can assure you that I need to check in with me and find out what I believe that is creating irritability.

As a result of poor communication or lack thereof, you could be experiencing unnecessary stress, anxiety, poor sleep, irritability, anger, frustration, health challenges, etc.

As a result of clear and graceful communication, you will more than likely experience increased intimacy, understanding, connection, clarity, ease, love, joy, freedom, happiness, humor, kindness, etc.

It does not matter if you are a couple, work colleagues, or a family. You will not see eye-to-eye all of the time. Regardless of how wonderful your relationships are, there will be times when you will need to sit down and talk and listen to each other, or put in a place a strategy to address whatever it is that requires some attention. Sometimes, you will work out a mutual understanding, and sometimes, you may need to agree to disagree or give each other some time to think about what has been shared.

In the following two chapters I go into more detail about listening and also male and female stereotypes in the area of connecting, emotions, and communication that may shed some further light.

It's very difficult to communicate with someone who is closed to communication and introspection. If you would like to improve your key relationships, you should know that it's essential for both people to invest in developing themselves to support their desire for a healthy relationship and healthy love. All fantastic relationships need healthy communication!



## 39

# Are you Really Listening?

*Were you actually listening and what did you hear?*

Oh, my! I have absolutely been guilty of this! Have you ever had a conversation with someone and then repeated back to them what you believe you “heard” to find out that what they said was VERY different from your interpretation? Without a doubt we are all guilty of this! Unfortunately, it can take days or weeks to clarify this confusion. In the meantime, you may be harboring unnecessary disillusion and hurt, which creates distance and kills the love.

Studies show that we only remember 25-50% of what has been said to us. What we actually hear can be significantly different to what was said. This indicates that many of us really don’t listen too well at all. And we wonder why SO many people are challenged not only in their intimate relationships, but in ALL relationships. And top it off, a study at UCLA indicated that up to 93 percent of communication effectiveness is determined by nonverbal cues. Another study indicated that the impact of a performance was determined as per the following breakdown; 7 percent by the actual words used, 38 percent by voice quality or tone, and 55 percent by the nonverbal communication. So what does this mean for you? In addition to active listening, each and every one of us would greatly benefit by bringing conscious awareness to our tone of voice, what we say, and how we say it.

I suggest you do yourself a huge favor and start to listen more effectively. When we are talking, we are not hearing and learning. When we are interpreting, we are not listening and certainly not accurately conveying information. Epictetus, the Greek philosopher, is quoted to have said, “*We have two ears and one mouth so that we can listen twice as much as we speak.*” When we don’t listen to people properly and don’t allow others to finish speaking, we tend to miss the point and stop the person from telling us something that could be very important and very different to what you imagined they were going to say. This scenario is regularly depicted in movies.

As a coach and behavioral practitioner, I have had to learn this very powerful skill of listening to my clients with 100% focus and attention. To listen effectively is very important because it has the ability to enhance your relationships. It builds connection, intimacy, awareness, understanding, kindness, and care.

### **If you are not actively and effectively listening, you are normally doing the following:**

- ❖ Not listening much at all.
- ❖ Thinking about your own version of a similar experience.
- ❖ Thinking about what you are going to say next.
- ❖ Distorting the information and being emotionally triggered (caught up in your own “stuff”).
- ❖ Jumping to conclusions.
- ❖ Not letting them finish speaking and assuming you know what they are going to say
- ❖ Distracted by people around you, the television, mobile phone, etc.

### **When you are actively listening you are:**

- ❖ Attentive and connected and focused on them.
- ❖ You make comfortable eye contact.
- ❖ You face them and are attentive with your body language.
- ❖ Willing to listen without disagreeing.
- ❖ Waiting to hear all of what they have to say before responding.
- ❖ You are consciously minimizing internal distractions.
- ❖ You are not making facial grimaces; instead you are willing to hear them out before responding.
- ❖ Once they have spoken, you are then able to ask for clarification and further information.
- ❖ You are not telling them about a similar experience you have had to them. Even though your experience may be relevant, do not jump in with your story straight away. Listen to them without bringing YOURSELF into the equation.

I encourage you to listen to others how you would like to be listened to. Not only do YOU want to be heard and understood, so does your lover, friend, mother, father, business associate, child, etc. You actually might learn some very insightful and interesting information.



40

## Women VERSUS Men

*Don't fall into the gender trap!*

I often hear women say that their partners aren't expressive, and that they are having trouble communicating and connecting with the special man in their life. This may be very true, and yes, men can be inexpressive and not as communicative as women would like. How much do women add fuel to the fire?

Women have a tendency to be 'emotional', and are known as the emotional gender. What does this mean? As outlined in Chapter 36, when someone regularly experiences high levels of emotion, normally, this is indicative of the person not really understanding their feelings and what they mean. It all gets jumbled up into a mixed bag of emotions, and then they label themselves as 'emotional'. When we feel this way, it is very hard to communicate what we need or what the root of the problem is, because often we don't know or understand ourselves. The source of the problem gets lost with little resolution! There may be oodles of words spoken yet nothing clear to work with.

Women would benefit by understanding that, when they express their tidal wave of emotion, it can be very overwhelming for their partner (and themselves). Often, men further retreat because they do not know what to say or do. Everyone ends up more confused, and women tend to feel rejected and misunderstood!

On the other hand, men over the ages have been taught to shut off their emotions with beliefs and ways of dealing with difficult situations such as, "Boys don't cry," "Forget about it," "You'll be all right, mate," or "Just have another drink." How effective has this been? Newsflash: Men have emotions too and they are entitled to experience, process and share them.

It is true that there are men who are poor communicators, as there are women. There are women who are high-level communicators, as there are men. There are also women who are withdrawn and inexpressive as there are men.

However, for the purpose of this chapter, I am relating to a common theme—of men who find it difficult to really connect and express themselves in a healthy and constructive way versus women who tend to be overly emotional and dramatic and confused by their emotions.

Books that claim men and women are from different planets send an unhealthy message, which only further polarizes and separates the sexes. In general, the men I coach (and 70% of my clients are men) are often looking for fulfillment on a personal and or professional level, which are interlinked in life. Almost everyone wants love and to share and to express themselves (intimacy). Most crave it, yet many haven't achieved it due to a lack of connection with oneself, poor emotional awareness, and 'know how'.

There is such a huge need for men to learn how to appreciate and understand their emotions and to realize that they are human, not a robot. They are entitled to feeling and expressing their emotions! Just because men have testosterone (as women do, too, but less of course), this does not mean that they have to pretend that they're "okay", when in fact they are not! Actually, this whole scenario is very tiresome and outdated! Once my male clients have begun working on their inner world, most of them will say, "I wish I had known this years ago!"

Social conditioning, family and culture largely influence our behavior and attitude towards intimacy and communication. The big question is; how much of who we are is "nurture" or "nature"? There are many men who want to connect with their partner, yet fear that connecting, sharing and expressing themselves is an act of weakness and is not masculine. This is a learned but inaccurate belief, however, as you know, learned (nurtured) beliefs can be changed.

It is okay for two people to be different. We do not need to be the same. However, if we are to fit together like two pieces of a puzzle, different yet connected, then both parties need to take care of their emotional IQ. What works with your friends, colleagues, or family may not be conducive in a personal relationship. There is plenty of scope for both men and women to connect more effectively.

An extensive study by Dr. Erina MacGeorge found that there is only a 2% difference in our communication styles - *"Men and women use, and strongly prefer, the same ways of comforting others – listening, sympathizing and giving thoughtful advice."* Who would have thought that we do actually come from the same planet!

It's time to abolish old conditioning and beliefs and learn new skills to create your own personal operating system. Men and women both have the right to be expressive, warm, and vulnerable, to share feelings and be heard. Clearly being closed and shutting off emotion is just as detrimental to your emotional health as being over emotional and overwhelmed.

Each end of the spectrum is not healthy for anyone.

You can be vulnerable and strong at the same time. Vulnerability is strength! You can share your feelings and express emotion with clarity without the dramatics.

Rather than thinking that it's women against men, or that you need to think like a man to be able to understand a man - the truth is when you understand yourself you will naturally become highly effective at relating, dating and mating.



## Never Lose Him in Summary...

I hope this eBook program has provided you with new insights and knowledge to assist you on your path to self-love, healthy love and lasting attraction.

*Never Lose Him* was written with passion and purpose. Far too many people are disconnected from intimacy, themselves, and in many cases, reality, which hinders their ability to create beautiful and loving relationships.

Each topic covered in *Never Lose Him* is interrelated. The common theme that runs throughout each chapter is “beliefs and self-worth.” Once you are able to clearly access the framework of your internal world, you will then be able to breakdown unwanted walls and barriers and create a more functional structure to carry and support you through life and love in ways you may never have imagined.

We are committed to providing superior professional services and products that powerfully support our clients to overcome obstacles, allowing them to connect to love. If you would like to further investigate your personal challenges and accelerate your growth and development, then please contact us to find out more about our services.

If you are interested in learning our groundbreaking method, we highly recommend Personal Coaching. Our One-on-One and Group Coaching are proven to be highly effective mediums for integration and change. The specific methods and tools we teach at Calibrate Coaching can change lives quickly! Contact us now via our website for a complimentary coaching consult - <http://www.NadinePiat.com>

May you gracefully and lovingly accept all aspects of you and your life! All that has transpired in your life has meaning and beauty and holds shining gems of information for your unique learning and life journey.

May you master the art of being gentle and loving to yourself, and a beautiful, loving and committed relationship is sure to follow!



# ACCELERATE

## *Love & Attraction*

*In addition to the powerful content and information available to you in Never Lose Him, we offer other professional products and resources that will enhance your development and understanding. If you would like to accelerate change and fast track the connection and love you desire, then contact Calibrate Coaching for One-on-One & Group Professional Coaching. We provide worldwide support.*

*Please contact us via my website: [www.NadinePiat.com](http://www.NadinePiat.com)*

