

WEBVTT

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00:00:24.670 --> 00:00:26.680

Marni Battista: Ladies.

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00:00:33.160 --> 00:00:35.000

Marni Battista: Welcome.

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00:00:39.920 --> 00:00:43.589

Marni Battista: Alexandria is here. I feel like for those of you who are old enough

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00:00:43.810 --> 00:00:47.689

Marni Battista: to watch that show. What was it called? Where they said,

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00:00:48.690 --> 00:00:55.949

Marni Battista: I see Alexandria, and I see Bernie, you know. She looked in the mirror. What was that called romper room

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00:00:56.250 --> 00:00:58.599

Alexandria: robbery?

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00:00:59.210 --> 00:01:02.400

Marni Battista: And when I was a kid. I was like. She never, says Marnie.

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00:01:02.690 --> 00:01:17.419

Marni Battista: So welcome to robbery. We do have some familiar faces, some new faces. People haven't been here in a while, so welcome super excited. It's a man Lab

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00:01:18.050 --> 00:01:21.760

Marni Battista: Carolyn almost is gonna get a transcript because

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00:01:21.950 --> 00:01:26.749

Marni Battista: phone was recording everything. And it was to your slack. So, thank God, I noticed.

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00:01:28.470 --> 00:01:37.119

Marni Battista: That's so funny when siri does that alright. So today a little different in that there's

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00:01:37.500 --> 00:02:03.709

Marni Battista: no no breakout groups no accountability just good old fashioned QA. We did secure Mike Goldstein for our man lab. I believe in March. That's gonna be really fun. If you are into the mic G method from doing it in 5 keys.

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00:02:04.100 --> 00:02:11.219

Marni Battista: he's gonna be here. Which is, gonna be super fun. And I'm sure you'll enjoy all those questions.

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00:02:11.370 --> 00:02:13.949

Marni Battista: Dating and relationship.

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00:02:14.050 --> 00:02:28.750

Marni Battista: And I have another expert coming who I had on podcasts talk about boundaries. She's literally amazing. If you are interested in the mechanics and details of boundaries.

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00:02:28.790 --> 00:02:33.030

Marni Battista: That's gonna be a really great call. And

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00:02:34.640 --> 00:02:38.910

Marni Battista: the mindfulness. Makeover is going to start on Thursday.

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00:02:39.180 --> 00:02:49.740

Marni Battista: So we're going to be talking about the 2 most important pieces of really learning mindfulness.

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00:02:49.990 --> 00:03:06.490

Marni Battista: Which is consciousness really. And we're gonna start with talking about making a very finite this idea of like what is being present. So we're gonna start on that on Thursday. If you can't make it, you can always listen to

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00:03:06.820 --> 00:03:12.030

Marni Battista: the recording. And there's some new meditations and some things that are gonna be part of that.

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00:03:12.050 --> 00:03:18.010

Marni Battista: So that's coming up. Any questions before we dive into the questions.

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00:03:21.910 --> 00:03:25.499

Marni Battista: Alright. So who would like to go first?

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00:03:26.190 --> 00:03:33.520

Marni Battista: Actually, Britney, you need to give me an update because I found out that you are possibly dating someone

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00:03:34.070 --> 00:03:36.119

Brittany Moore: you already do that

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00:03:36.180 --> 00:03:47.490

Brittany Moore: I didn't know. I didn't know how well we're not like, we're not like dating yet. But it's still going. Well.

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00:03:47.750 --> 00:03:48.919

Brittany Moore: okay? Great.

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00:03:49.240 --> 00:03:53.640

Brittany Moore: Yeah. I mean, yeah, he has.

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00:03:54.410 --> 00:04:05.240

Brittany Moore: he's studying for this really big test. For his financial advisor position. So things. And I think I told you this so. Things have been a little slow

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00:04:05.360 --> 00:04:13.799

Brittany Moore: moving, because it's it's a big test, and it's in March. So I'm trying to just be easy going. And just.

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00:04:13.870 --> 00:04:19.149

Brittany Moore: you know, go with the flow and still talk to other people and do the process.

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00:04:19.480 --> 00:04:42.450

Brittany Moore: But it is exciting, like he. He's very sweet. So we'll see what happens. Okay, good, great, awesome. See? If you know somebody. You know somebody in here. I'll find out you can't hide from Marty alright. So who has a question? Who'd like to go first?

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00:04:47.820 --> 00:04:55.870

Marni Battista: Let me get my slope. Deb thinks Deb knows the touch, she said. It's really hard, so Jamie has a question. But she's driving. So we'll start with Carolyn.

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00:05:00.110 --> 00:05:13.980

Carolyn Mason: This is something I brought up before and we've talked about before. And I feel like it's not quite sinking in. So I'm asking again. There's no limit you can question many times.

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00:05:14.320 --> 00:05:16.629

Carolyn Mason: Okay, so

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00:05:17.460 --> 00:05:21.719

Carolyn Mason: when I went through 5 keys, I had this breakthrough

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00:05:21.780 --> 00:05:24.020

Carolyn Mason: in my art practice.

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00:05:24.380 --> 00:05:39.630

Carolyn Mason: Well, I think it was really I was just I had received so much rejection. I was like, I'm not. Gonna I'm gonna just give myself a break. I'm just gonna go out and meet people and do my work and not expect anything, and then, like everything changed for me.

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00:05:39.850 --> 00:06:02.520

Carolyn Mason: So I've always wanted to apply that to my dating. But the thing is, I can't get to the point where I don't care if I meet someone you know, like, I'm very, I'm still kinda like, Oh, I really wanna meet someone this year. So it's it's I'm not. I really would love to bring that energy over to the dating, and I'm not able to do it. And I so

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00:06:02.670 --> 00:06:11.229

Carolyn Mason: we must. I must be able to access what I've how, where I've grown in one part of my life, and then use it in another part.

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00:06:11.700 --> 00:06:16.040

Marni Battista: Well, I think number one is to give yourself some grace that it's not like that

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00:06:16.390 --> 00:06:32.700

Marni Battista: like our brain. Our wires don't like cross tracks so easy, right? Otherwise most of you wouldn't be here right different parts of your life. And you're like, Oh, you know so I think that the thing to look at is.

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00:06:33.450 --> 00:06:35.410

Marni Battista: what is it that

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00:06:37.680 --> 00:06:41.149

Marni Battista: you're attached? So I want you to think about

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00:06:41.640 --> 00:06:49.310

Marni Battista: not so much the goal right? Which is like I wanna meet someone but feeling state.

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00:06:49.500 --> 00:06:50.490

Carolyn Mason: Hmm!

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00:06:51.540 --> 00:07:10.969

Marni Battista: Right? Because you do have a vision right of what you want to feel in your life. So part of like becoming irresistible, or whatever it is, is the feeling state of confidence to where you're choosing

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00:07:12.590 --> 00:07:14.510

Marni Battista: your patient.

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00:07:14.970 --> 00:07:25.910

Marni Battista: You trust right all you trust yourself. All those things that are associated with felt sense of what it would be like to be in your relationship.

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00:07:26.300 --> 00:07:37.530

Marni Battista: And so the tricky part is right. Or this is what I think we really wanna work on is. how do I get into the energy of that felt state now.

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00:07:40.500 --> 00:07:41.480

Carolyn Mason: Umhm.

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00:07:42.250 --> 00:07:45.509

Marni Battista: because I don't think it was that you didn't care about your art.

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00:07:45.700 --> 00:08:02.859

Marni Battista: it cause you did. I mean, part of you cared about your art right? But the felt sense that you had was of confidence and connection and your passion for what you were doing. And you just you weren't bringing the goal

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00:08:03.100 --> 00:08:23.740

Marni Battista: right? Anything need anything right? Because you're taking on like? If so, so, if you have the energy of like, you know, I

sell my art for \$3,000 right like, if I have stability, and I'm a great reputable artist, and people buy my stuff. Then you don't need anything

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00:08:25.280 --> 00:08:26.280

Carolyn Mason: right?

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00:08:27.220 --> 00:08:38.629

Marni Battista: So whether you realize it or not, you're calling it. I didn't care. But what was it really, if you were gonna go like, what was the feeling state or the energy state of that?

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00:08:43.440 --> 00:08:48.299

Carolyn Mason: I didn't feel like I needed anything from anyone, so I could

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00:08:48.560 --> 00:08:51.130

Carolyn Mason: have more

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00:08:52.150 --> 00:09:04.899

Carolyn Mason: rewarding interactions with people because I didn't need anything from them. So it was more authentic and more I could be more vulnerable, more myself, cause I wasn't looking for anything from anyone.

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00:09:05.580 --> 00:09:14.259

Marni Battista: Okay? Right? So so your your list to make is when I don't need things from someone.

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00:09:14.370 --> 00:09:20.370

Marni Battista: Right? What's going on internally? How do I feel about myself?

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00:09:21.310 --> 00:09:26.779

Carolyn Mason: Yeah, got it right? Yeah.

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00:09:26.990 --> 00:09:29.750

Marni Battista: So all of that is feeling

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00:09:30.210 --> 00:09:37.940

Carolyn Mason: it's kind of like this like I feel great with the life that I have. And simultaneously I want to meet someone. It's like

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00:09:37.950 --> 00:09:40.609

Carolyn Mason: those 2 things coexisting.

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00:09:41.120 --> 00:09:51.979

Marni Battista: Yes, and what would. So then, if we we look at like. So then how do I show up? What are the feelings and beliefs I have

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00:09:52.800 --> 00:09:56.730

Marni Battista: when I'm dating, and I don't need anything.

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00:09:56.810 --> 00:10:15.579

Marni Battista: Umhm. I believe that I need to meet someone right? Exactly right? So you're neat. You need something from people. So you're leading with, are you? That means that book, and so you're leading with that. Yeah.

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00:10:15.710 --> 00:10:38.550

Marni Battista: right? And so for everybody, right? Like the goal. And this is true. I mean, II think about this in my own dream, my own business, right? If I lead with like, I wanna sell you guys shit, you know, like I need to get rich. I need to make money like Ew. Gross, who wants to work with that person. But if I just go like all I wanna do is help as many people as I can, and I gotta figure out how to do that.

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00:10:38.930 --> 00:10:43.350

Marni Battista: That makes my life a lot more enjoyable, and also like I love my work

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00:10:44.260 --> 00:10:51.859

Marni Battista: right, which is part of why I changed my whole business model because it was becoming about what I needed. Instead of doing what I loved

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00:10:53.490 --> 00:10:58.570

Marni Battista: right? So we all like all of you who like, have a goal.

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00:10:58.610 --> 00:11:10.049

Marni Battista: It makes sense that we get so attached to the goal. We forget about the feeling of how we want to really feel when we get the goal. So what? When you're thinking about dating and love and relationship you're like.

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00:11:10.810 --> 00:11:14.540

Marni Battista: I feel, seeing I feel safe.

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00:11:15.040 --> 00:11:16.609

Marni Battista: I feel confident

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00:11:17.650 --> 00:11:28.629

Marni Battista: I feel empowered. I feel beautiful. I feel like I'm on the right path. I feel like I'm living my gift. I feel like I get to be my essence. I feel like I'm expressing it all the time.

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00:11:29.200 --> 00:11:35.720

Marni Battista: That energy state is very different than checking the box.

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00:11:35.870 --> 00:11:40.210

Carolyn Mason: yeah, yeah, okay.

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00:11:40.910 --> 00:11:54.139

Marni Battista: so if you have time, I think doing the mindfulness thing is going to be really great for you, because most of the time when we can't get to that state, it's because we're futurizing. We're not present. We're not in the now

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00:11:54.370 --> 00:12:12.529

Marni Battista: exactly. And we're in automatic thinking. And we're not creating that spaciousness. So I think for you, it's like we have to get really, really granular. I'm like. how can you be in the felt sense and energy of life you want now, and enjoy that on the way? So you don't need anything.

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00:12:12.810 --> 00:12:19.369

Carolyn Mason: Yes, I like that. So keep asking the question. It's helpful, I'm sure, for everyone. Okay.

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00:12:19.450 --> 00:12:20.750

Carolyn Mason: okay, thanks.

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00:12:21.230 --> 00:12:23.560

Marni Battista: Welcome, Erin.

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00:12:24.690 --> 00:12:34.449

Erin Lin: Hi, I have an embarrassing situation that I was too embarrassed to tell you earlier. I love it.

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00:12:34.510 --> 00:12:41.049

Marni Battista: I'm just gonna tell you in front of everyone I know. I love that you pick to tell in front of everyone that's so great

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00:12:41.120 --> 00:12:44.890

Erin Lin: like now or never. So

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00:12:46.270 --> 00:13:08.719

Erin Lin: I've been more like present in my dates, and that's been really fun, and I've been more vulnerable and practicing that, and I think I did it to the wrong person. And now I'm dealing with the repercussions. So on Friday I was catching up with my old friend from Grad school, who I hadn't spoken to in like probably 5 years, and we were roommates, and he's married.

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00:13:08.890 --> 00:13:35.540

Erin Lin: And then, while through catching up. I learned he was unhappily married. And then I just like it was just I. Nothing happened because it was over the phone. But I remember like I feel like I was being vulnerable about my life, and he was being vulnerable about his life. And then I like at the end. I was like, I feel so deeply connected to this, like I felt like a date like the way felt connected to someone after a date. And then the same things happen so like when I have a good date.

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00:13:35.540 --> 00:13:55.599

Erin Lin: I will like kind of feel the slow, like physical urge like, and occasionally I like fantasize about the date if I find him really attractive. And then that same thing happened with Scott. And so then all of Saturday, I was like impulsively fantasizing like, Wait, am I having? Am I gonna have an affair like? Is this what's happening?

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00:13:55.700 --> 00:13:59.439

Erin Lin: And I just got really confused.

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00:13:59.540 --> 00:14:11.079

Erin Lin: So I need your advice on, like, how you know how to turn, I guess, on and off, like the vulnerability and the connection, and just like

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00:14:11.620 --> 00:14:16.909

Erin Lin: how you engage with the other part of your I don't know like, do you? I guess you don't.

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00:14:17.030 --> 00:14:21.669

Erin Lin: You don't talk the way you do on dates to your guy friends who are married.

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00:14:22.080 --> 00:14:39.720

Marni Battista: Yeah. So first of all, like, you're not the first person or the only person going through this, or has gone through this for sure and I wanna give you like kudos for like being vulnerable, being authentic, right? Cause you're like, Oh, this is great like

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00:14:39.910 --> 00:14:49.719

Marni Battista: you. You said to me the other day like this, this really works right when open with someone, you can create a connection. It's kind of powerful right.

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00:14:49.870 --> 00:14:51.010

Marni Battista: So

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00:14:52.500 --> 00:14:56.520

Marni Battista: so what? So 2 things. One is that

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00:14:56.890 --> 00:15:09.129

Marni Battista: that is exactly what happens right when we create a connection. and especially if somebody like confides in you.

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00:15:09.900 --> 00:15:13.610

Marni Battista: they make it safe for you to be imperfect

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00:15:14.730 --> 00:15:20.859

Marni Battista: and share your struggle, and then that's like almost like pseudo intimacy, right?

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00:15:21.060 --> 00:15:26.130

Marni Battista: And if you have any tendency to be like the Savior or the fixer.

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00:15:26.550 --> 00:15:43.019

Marni Battista: It's gonna be really attractive. You're like, maybe I'm the one right and then that makes this feel in control and powerful. And then also, I would line this up with actually talking to guys who are available. And that's scary for you.

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00:15:44.790 --> 00:15:58.409

Marni Battista: right? Cause now you like like Aton, and like you're talking to other guys and you have to. So it'd just be a lot easier to just get into this thing with someone who's unavailable. And then you never have to be available, which is safer.

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00:15:59.040 --> 00:16:07.199

Erin Lin: So I think the first thing is is to like, really give yourself some grace. So why does it make perfect sense that you would do this

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00:16:09.950 --> 00:16:32.120

Erin Lin: cause? I'm really good at establishing connection now and then? It's like a safe place where I don't have to. I mean this all kind of made sense in my head on Sunday, where I was like. Wait. The reason why I never got together with Scott during grad school is because we don't have the same values like I like went down to the non like I was like, we do not have overlapping values. This is not, this would not work out. This is just like this.

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00:16:32.660 --> 00:16:48.939

Marni Battista: they that I went through because my neurons are rewiring. Well, exactly right. And that's what happens right? When we have an emotional connection with somebody like that. We it creates like, I just is anyone read the book wellness? You heard of it.

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00:16:50.210 --> 00:16:59.429

Marni Battista: I highly recommend it's 700 pages, but but the whole thing is about this woman is a scientist and a researcher, and she's studying the placebo effect.

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00:16:59.810 --> 00:17:15.029

Marni Battista: And the story is that she's like in college, and she's an intern, and she's working for this academic. And her job is she has to go on dates and ask these like 7 questions, because this academic hypothesis is, if you ask these 7 questions, someone will fall in love with you.

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00:17:15.910 --> 00:17:35.659

Marni Battista: And so she goes. And she does it with all these guys. She is paid \$25 a date, and basically they all wanna go out with they all wanna they all kind of fall over there. And the fun part of the story is, she does it with one guy and ends up being her husband for like 40 years, and she's like wasn't even real right. It was a fit. It was like a connection that was very like

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00:17:35.910 --> 00:17:43.780

Erin Lin: manipulated. So all you're seeing is that if you put X and Y together in a room like Z will happen.

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00:17:43.940 --> 00:17:55.519

Marni Battista: Okay, so and this is why we avoid pseudo intimacy. And this is why you have non-negotiables and all those things. Because you now are so self aware you're like, oh, that was real.

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00:17:55.990 --> 00:18:01.910

Marni Battista: But it was it really real? And also this guy doesn't even meet my non-negotiable. So what am I doing?

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00:18:03.370 --> 00:18:05.109

Erin Lin: So I think you're safe.

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00:18:05.160 --> 00:18:17.390

Marni Battista: And then the question of like, well, what do I do to turn off those things? You tell me so? What could you have done differently? What would you differently between a friend and somebody that isn't appropriate for you romantically.

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00:18:19.900 --> 00:18:34.410

Erin Lin: I probably I mean, I don't know if I would have drawn the line in terms of like revealing too much to him. But then, also, like when he's revealing stuff to me about his wife. Just kind of be up front about like I'm not a therapist like, I feel kind of weird hearing this.

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00:18:34.690 --> 00:18:36.529

Erin Lin: and then just stop it there.

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00:18:37.150 --> 00:18:48.329

Marni Battista: Exactly right. It's like this, feels not. This doesn't feel appropriate. If I were in this situation. I wouldn't want my husband to be talking to some other woman about me in our marriage

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00:18:50.570 --> 00:18:54.660

Marni Battista: and putting an end to it, you know.

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00:18:55.380 --> 00:19:00.829

Marni Battista: But it felt feels good to have that. You know that power and that control. Right?

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00:19:02.490 --> 00:19:07.800

Marni Battista: Yeah, it does. Yeah. Okay. So I think as he reached out to you, since.

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00:19:08.150 --> 00:19:17.549

Erin Lin: just like talking shop with work, but nothing like to that extent. I would probably like cut it unless you need to talk to him for work.

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00:19:18.480 --> 00:19:20.480

Marni Battista: Is he the Wisconsin Guy?

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00:19:20.670 --> 00:19:27.109

Marni Battista: No, that's Tom. This is Pat Scott had the hots for me, but we never dated so.

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00:19:27.280 --> 00:19:50.379

Marni Battista: but similar to that where you just like, put like, very clear about what you're looking for and what you're not looking for with that guy, I would just send a message and be like, Hey, I just want you to know, like felt kind of weird like that was probably inappropriate. I'm I'm in a place right now where I'm dating, and I'm ready for my person. And so I think it's best that we don't connect. But I really wish you the best, you know, with your situation.

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00:19:50.880 --> 00:19:59.300

Marni Battista: Okay? So I think that will be very healing for you and establish your power. And it closes the loop. And then you feel good.

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00:19:59.860 --> 00:20:03.389

Erin Lin: Okay, great. So thank you. Marty makes a lot of sense.

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00:20:03.600 --> 00:20:08.140

Marni Battista: Yes, and you are, for sure not the only person who's been in that situation. So

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00:20:09.230 --> 00:20:11.280

Marni Battista: for sure. Okay, Britney.

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00:20:16.010 --> 00:20:34.950

Brittany Moore: There we go. Well, Erin, I I'm glad you brought up the vulnerability stuff, because my question is just. you know, II think it takes time obviously, to generate that trust and and the vulnerability, Marty. But you know, like, what?

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00:20:35.290 --> 00:20:43.059

Brittany Moore: How long is too long before you're like, okay, when are we gonna start getting, you know, a little deeper, you know, in our connection?

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00:20:43.230 --> 00:20:46.249

Marni Battista: Yeah, I think that's a great question. I think that

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00:20:47.440 --> 00:20:54.279

Marni Battista: there is no rule about how fast something goes right because of how often you see someone and all that. But

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00:20:55.330 --> 00:21:06.729

Marni Battista: I think, are we? If we're talking about this guy that you're talking about, right, you're trying to do is rule out if he's quality casual or not. Yeah, right? And so

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00:21:07.630 --> 00:21:19.899

Marni Battista: if you were, gonna say, like. what do you need? What would you need to feel like? It was worth investing a little more? What would you need? What would you need to know. What would you need to feel?

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00:21:21.680 --> 00:21:27.849

Brittany Moore: Well, you know II think I think it's so hard what I'm noticing

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00:21:28.140 --> 00:21:30.820

Brittany Moore: now, compared to when I was younger.

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00:21:30.840 --> 00:21:32.940

Brittany Moore: Is.

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00:21:33.450 --> 00:21:48.020

Brittany Moore: you know, when I was younger I used to talk to my boyfriend almost every day on the phone, and that's just not the way a lot of these guys communicate. It's more texting. And then in person,

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00:21:48.260 --> 00:22:00.439

Brittany Moore: which is fine, you know, I know it's different. But II don't know, like I feel like I'm just missing some of the the vulnerability and just getting to know them on a on a bit of a deeper level.

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00:22:00.600 --> 00:22:08.050

Brittany Moore: sometimes. So I'm gonna make it feelings oriented so

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00:22:08.300 --> 00:22:12.810

Brittany Moore: can emotionally connected like, you don't feel him. Not not

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00:22:12.820 --> 00:22:22.110

Brittany Moore: completely. Yeah. Like it. It still feels somewhat surface level. And then how often are you talking to him?

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00:22:22.650 --> 00:22:25.760

Brittany Moore: Well, we text every day.

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00:22:26.340 --> 00:22:31.079

Brittany Moore: I haven't seen him as much because of this, you know this test. But

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00:22:31.230 --> 00:22:49.279

Brittany Moore: so I feel like things are on pause, which I understand, etc. And this isn't just in this circumstance. And you know the guy I was dating last year, Ryan. It was a similar thing, you know. We had been together several months, and there was just

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00:22:49.280 --> 00:23:03.440

Brittany Moore: it just didn't feel like he was willing to be able to talk to him about what he's looking for. And is he looking for the same thing? Yeah, yeah, no, it seems like those goals are aligned.

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00:23:03.620 --> 00:23:08.039

Brittany Moore: I mean, he definitely is. It could be a capacity thing right now. But

147

00:23:08.230 --> 00:23:19.339

Brittany Moore: I don't know. It's just an interest. It's something that I have noticed that has come up with multiple guys. So I think, first of all, you need to see are you being vulnerable

148

00:23:20.200 --> 00:23:25.779

Marni Battista: right? Because if you're just keeping it on the surface and being

149

00:23:26.300 --> 00:23:35.500

Marni Battista: polite and friendly, and you know, make really great at making him feel comfortable and having a good time. And you're not being vulnerable.

150

00:23:35.720 --> 00:23:47.439

Marni Battista: It it it like, it's gonna be a energetic match, right? So I think that the most important thing you could do is to be vulnerable. And so maybe you say, like.

151

00:23:47.980 --> 00:23:49.769

Marni Battista: something like.

152

00:23:49.800 --> 00:23:53.619

Marni Battista: I really wanna support your

153

00:23:53.700 --> 00:23:55.939

Marni Battista: All the work you're doing for your exam.

154

00:23:56.190 --> 00:24:01.110

Marni Battista: I'm in a place where I'm ready to like, meet my person

155

00:24:01.210 --> 00:24:04.540

Brittany Moore: right and

156

00:24:05.020 --> 00:24:10.489

Marni Battista: I. And so what I'm wondering is, how can we get more connected and you be busy?

157

00:24:10.700 --> 00:24:20.139

Brittany Moore: Maybe what you say is like I love. We could talk on the phone, or if we could do a zoom date, or we could do a fit like, what's your need? Yeah, yeah, for sure.

158

00:24:20.490 --> 00:24:33.210

Marni Battista: And and you could even say, like, and I, it's scary to say this, because I know you're really busy. But also II wanna make sure that we're still building and moving towards something

159

00:24:33.820 --> 00:24:55.679

Brittany Moore: while we're both pursuing our individual goals and dreams. Yeah, because would you say that in person, though, like, or would you do that via text? I mean, it's I mean, I wouldn't wait 2 more weeks to say it. Yeah, I think we're we're hopefully gonna see each other this weekend, and then I would. I would definitely say it in person. If you okay

160

00:24:56.020 --> 00:24:59.660

Marni Battista: and get really clear what you what you need

161

00:24:59.670 --> 00:25:18.250

Marni Battista: like. I'm in a place where, like, you know, I know we each have our own individual goals and dreams, and we want to be able to pursue those. But I'm in a place where also I want to be with the person where we're still building connection and progressing our relationship forward. And I feel like we're kind of stalled. So what can we do.

162

00:25:18.250 --> 00:25:31.070

Brittany Moore: you know, to feel more connected because I You know, it's me. It's making me nervous and scared. Yeah. Well, I don't. Wanna. I don't want to waste my time. He doesn't wanna waste time, you know. So there's a whole piece

163

00:25:31.340 --> 00:25:57.959

Marni Battista: can I? Can. I just say one thing having gone through? No, no, you cannot just say one thing. Sorry I don't. I appreciate. You can put in the chat. You can share your experience, but I definitely don't want to get in the high habit of advice giving from other people. So if you want to put in the chat, your experience that's great. Cause. I know that you're a Cpa. And I know it's really hard, and he's really busy and all that stuff

164

00:25:57.960 --> 00:26:12.099

Brittany Moore: but feel free to put whatever you're gonna put in the chat. But I definitely don't wanna get in the what they call the 12 steps cross talk. So yeah, just so. My other just real quick. Follow up question, please. Sounds like everyone, you know.

165

00:26:12.170 --> 00:26:16.829

Brittany Moore: So you know. With the vulnerability.

166

00:26:18.850 --> 00:26:36.100

Brittany Moore: you know, part of that is, we're we're unclear where we're at, you know it's not like we're boyfriend girlfriend, you know, to your point. So so maybe that's part of it, too, like we're not in a relationship. So we don't. I don't know. Like some of that unclear gray area. I don't. II don't know.

167

00:26:36.430 --> 00:26:43.379

Brittany Moore: You know how to navigate that sometime right? And so it's about expectations. And you can say, I know we're not

168

00:26:43.420 --> 00:27:11.129

Marni Battista: boyfriend girlfriend right? However, right? Like I'm dating because I want to progress and move forward and build connection, and you can even say, like, I think I've coached Aaron about like you know, and sometimes, you know, I come. I get very focused, and I'm not vulnerable, and I want to make sure not a me thing right like I wanna just know that we're on the same page, and we're moving towards. I'm feel I don't feel any more connected to you, or I don't feel like I'm getting more.

169

00:27:11.130 --> 00:27:14.230
Brittany Moore: And that's that's a bummer.

170
00:27:14.670 --> 00:27:28.310
Brittany Moore: Yeah, without putting labels on the relationship, you know, cause I don't. I don't wanna pressure that either. But well, you don't want to pressure that. But you still get to have. And this is for everybody. You still get to have needs even without a label.

171
00:27:28.790 --> 00:27:38.929
Marni Battista: Okay? Right? And your need right now is like, Look, I'm spending emotional physical energy. I'm thinking about you. I'm seeing you and

172
00:27:39.050 --> 00:27:40.530
Marni Battista: it's

173
00:27:40.730 --> 00:27:45.420
Marni Battista: we're not get. It's not moving forward. Basic. I mean, you're gonna say nicer than that. But that's

174
00:27:45.700 --> 00:27:55.650
Brittany Moore: the problem, you know, and I remember, even in my own journey, I had this exact same situation when I was single, and I remember having this conversation with the guy, and being like.

175
00:27:55.790 --> 00:28:05.900
Marni Battista: I know you're super busy. He was busy. He was like starting a company, whatever, and I was like, I just feel like, you know, we're just seeing each other like in between. You're this and in between. You're that

176
00:28:06.020 --> 00:28:18.720
Marni Battista: and I feel like we're not moving forward. He was like, oh, I didn't even he's like, Oh, I didn't even realize that. I guess you're right. I'm gonna do better, you know. And then but nothing changed right?

177
00:28:18.720 --> 00:28:41.370
Marni Battista: And then, later on, he invited me to join like a work Google group and not ask me out on the date. And I knew it was doomed but but I was really glad that I had that conversation, because I planned the seed of like II need to be a little bit more important. If we're gonna exactly, we're gonna move forward or you. This is, you know, cause I'm trying to make this the priority.

178

00:28:41.420 --> 00:28:53.130

Brittany Moore: Yup, okay, perfect. I'll keep you updated. Okay, awesome. And then Deb said something about oh, she needed to. So be at like, do something active.

179

00:28:53.520 --> 00:28:57.460

Marni Battista: keep, keep, keep moving, but also keep dating. I think that'll also help.

180

00:28:57.940 --> 00:29:00.030

Marni Battista: Okay, Jessica.

181

00:29:02.830 --> 00:29:09.730

Jessica Kizer: Okay, what would be helpful for me is that I'm noticing some like new.

182

00:29:10.480 --> 00:29:15.970

Jessica Kizer: no patterns, but like new, like things coming up for me around like control.

183

00:29:15.980 --> 00:29:28.059

Jessica Kizer: like and like I like, I like. So I used to be single, make all my decisions, all of myself without considering anyone else. And now I'm not doing that anymore. So now, I'm having like challenges

184

00:29:28.300 --> 00:29:44.290

Jessica Kizer: that are coming up for me around feeling like controlled and like wanting to be like independent, but also feeling like, I'm like a kid, and like someone else, has all this money that will have all this money. So I think maybe I need help like uncovering like, what's be like, what's behind that

185

00:29:44.560 --> 00:29:45.650

Jessica Kizer: for me.

186

00:29:46.310 --> 00:29:50.900

Marni Battista: So okay, let's talk. That's a great question. So let's talk about

187

00:29:52.040 --> 00:30:04.699

Marni Battista: when you. So there's like the logistics stuff like the conversation and expectations, right about money and making decisions and all that stuff that you guys need to sort out. But the other thing is so

188

00:30:05.170 --> 00:30:12.739

Marni Battista: what's the scenario that comes up that makes you feel like controlled or rebellious or like

189

00:30:12.850 --> 00:30:29.819

Jessica Kizer: you're not PA empowered like what? What triggers that like I wanna spend money on something, and he's like that's too expensive. And I and like, because he makes like it's supposed to be our money, and like everything like it's not even him. It's me that I don't feel like it's our money. I feel like it's like

190

00:30:30.230 --> 00:30:40.289

Jessica Kizer: his money and like my money, but that I don't feel like I don't feel like an adult in these conversations. I feel like, I'm like a kid asking like their dad for money. Okay.

191

00:30:40.400 --> 00:30:44.540

Marni Battista: so so is there like a situation

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00:30:44.640 --> 00:30:55.919

Marni Battista: or a time in your early childhood, where this feeling feels familiar like, what's the first memory you have of feeling like you have to ask to get what you want.

193

00:31:06.960 --> 00:31:13.139

Marni Battista: ask for money, or ask for anything to get what I want. Well, if you have a money situation, that's great.

194

00:31:17.610 --> 00:31:21.720

Marni Battista: or a time where you didn't have money, and you had to ask someone for money, or

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00:31:21.760 --> 00:31:27.289

Jessica Kizer: I knew never to ask cause we didn't have any money. So I didn't ask for any, because I knew there wasn't any.

196

00:31:28.130 --> 00:31:39.399

Jessica Kizer: Okay. So and you wanted something. So how old were you? The first memory where you're like, you wanted something. But you couldn't. You had to ask. Well, you couldn't.

197

00:31:39.450 --> 00:31:49.779

Jessica Kizer: I'm gonna cry. My mom bought like I really wanted this backpack, and it was like an animal backpack, and she bought it for me.

But then, like I couldn't keep it because she had to return it, because we couldn't afford it.

198

00:31:50.560 --> 00:32:04.140

Jessica Kizer: So, like I would go to the car and I'd look at the backpack before she returned it, because I was like, I wanted it so bad. Yeah. So how old were you when that happened? I think it's like, maybe like 7.

199

00:32:04.150 --> 00:32:11.609

Marni Battista: Okay, so your little who? Couldn't have what she really wanted?

200

00:32:14.020 --> 00:32:15.570

Jessica Kizer: Yeah, yeah.

201

00:32:15.670 --> 00:32:16.960

Marni Battista: So

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00:32:17.490 --> 00:32:24.850

Marni Battista: when you're experiencing, wanting something in your relationship.

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00:32:27.540 --> 00:32:30.650

Marni Battista: does it make sense that your little who

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00:32:31.260 --> 00:32:34.100

Marni Battista: is the one that feels like

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00:32:35.460 --> 00:32:37.280

Marni Battista: she doesn't have a choice?

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00:32:37.660 --> 00:32:41.770

Jessica Kizer: Yes, cause I won't even like I'll just. I'll just be like fine.

207

00:32:41.830 --> 00:32:47.510

Jessica Kizer: instead of being like having a conversation about it. I just like shut down like, I won't like.

208

00:32:47.990 --> 00:32:52.419

Jessica Kizer: yeah like. And I do feel like powerless, even though I'm not powerless. But I feel powerless.

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00:32:53.080 --> 00:32:56.619

Marni Battista: Yeah, because your little who is like.

210

00:32:57.190 --> 00:32:59.079

Marni Battista: I guess we can't ask.

211

00:32:59.360 --> 00:33:00.220

Jessica Kizer: Yeah.

212

00:33:01.450 --> 00:33:13.090

Marni Battista: like you're having transference. So there's a little who that's number one and number 2 is you're having transference, meaning that you're transferring your mom onto your husband.

213

00:33:13.300 --> 00:33:20.050

Jessica Kizer: Yes, and I'm like. And then. And then I'm like, Oh, we're broke, even though we're not. It feels like we're broke.

214

00:33:21.120 --> 00:33:27.930

Ok, that makes so much sense, because I'm just like, Oh, we just don't have any money. We're broke. We don't have money.

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00:33:28.030 --> 00:33:39.849

Jessica Kizer: But like, that's not true. Okay, but I feel I really do feel that. Okay. Yes, because you feel 7, and you feel like he's the power holder. And he gets to tell you what you can, and you can't have

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00:33:40.040 --> 00:33:40.850

Jessica Kizer: yeah.

217

00:33:41.160 --> 00:33:43.849

Marni Battista: right? And so

218

00:33:46.340 --> 00:33:56.080

Marni Battista: what? When you feel that experience? What? So then, based on what I just told you so when you ask him to buy something what's really going on.

219

00:33:56.300 --> 00:34:05.459

Jessica Kizer: I might be asking, oh, we should do this, and he's like, Oh, that's too expensive. I just get like, I just get super upset, and I'm like fine. We'll get them like, forget it like.

220

00:34:05.870 --> 00:34:16.219

Jessica Kizer: right? So what? So what's really going on? Oh, is that like I'm it's like my little who's who's like saying that it's not really my adult self who's who's like talk cause if my like, my adult would be like

221

00:34:16.440 --> 00:34:25.960

Jessica Kizer: my, II think actually, we do have enough money or like, I think this is important, because blah blah blah, instead of just being like, okay, fine. Forget it like I guess not enough money. Blah blah.

222

00:34:26.060 --> 00:34:32.840

Marni Battista: right? Right like the victim. Right? Rebel, you know, whatever role that you took.

223

00:34:36.500 --> 00:34:37.560

Jessica Kizer: Okay.

224

00:34:38.780 --> 00:34:39.790

Marni Battista: so

225

00:34:40.060 --> 00:34:52.770

Marni Battista: so let's take that 7 year little. Who and then did she turn into like, I want to make you happy? Or did she turn into a rebel with the money and buying stuff? And I'm going to do what I want, anyway, what? What role did that end up being?

226

00:34:53.770 --> 00:34:55.540

Marni Battista: And what was the self talk?

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00:34:57.000 --> 00:35:04.999

Jessica Kizer: It's not okay to. It's not okay to like, ask for stuff. It's not okay to want anything like, you don't want to be a burden.

228

00:35:06.890 --> 00:35:20.530

Jessica Kizer: that was so. People pleasing. Yeah. People. Yes, yes, yeah, like, so so like people pleasing. But also I get like resentful. III feel resentful towards him like I feel like fine. But it's not really what I actually want, and I just feel angry.

229

00:35:20.820 --> 00:35:24.730

Marni Battista: Right? So love shield. So

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00:35:25.390 --> 00:35:30.860

Marni Battista: same message. So what's the message? You're little who believes when

231

00:35:32.040 --> 00:35:34.249

Marni Battista: you wanted the backpack

232

00:35:38.570 --> 00:35:42.080

Jessica Kizer: I'll never have anything nice or like I don't deserve.

233

00:35:42.330 --> 00:35:48.049

Jessica Kizer: I think I'll no, I think I'll I'll never have. I'll never have anything good, I'll I'll never have anything nice.

234

00:35:48.190 --> 00:36:04.810

Marni Battista: So I'm not. Is that I'm not important. I'm not in. Yeah, I'm not important. I'm not important, right? And so that's and that's the negative internal parental voice, right? Cause your little 7 year old brain was like other stuff like you have a purse

235

00:36:05.020 --> 00:36:08.969

Marni Battista: you're wearing makeup like you get to have what you want

236

00:36:10.220 --> 00:36:19.509

Marni Battista: right? But the right. So so then you internalize it like, what's wrong with me? Why don't I get to have what I what I want.

237

00:36:19.520 --> 00:36:23.380

Marni Battista: I'm not important. Mom's returning it.

238

00:36:23.810 --> 00:36:24.870

Jessica Kizer: The

239

00:36:26.320 --> 00:36:29.999

Marni Battista: It's almost worse, right? Right? Because it's like you got it. And then you didn't get it.

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00:36:30.140 --> 00:36:37.049

Jessica Kizer: Situation like you had your independence and you had your power. And now someone's like, quote unquote, taking it away from you.

241

00:36:38.090 --> 00:36:46.989

Marni Battista: Yeah, even though he's not saying that. But I feel that way right? That's the story. That. So that's the story of your little who that's her name right?

242

00:36:47.030 --> 00:36:53.250

Marni Battista: And then the behavior is, you know, like peacemaker. Fine. Then.

243

00:36:55.660 --> 00:36:58.540

Jessica Kizer: yeah, whatever makes you happy?

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00:37:00.550 --> 00:37:03.909

Jessica Kizer: You know what's interesting like, I know where, like his.

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00:37:04.030 --> 00:37:12.540

Jessica Kizer: his too expensive is coming like. That's what his dad would say. It's like, I know where it's coming from him. But I didn't have that recognition for myself. I just knew. I'm like

246

00:37:12.580 --> 00:37:25.620

Jessica Kizer: something weird keeps happening to me if I didn't have that awareness for myself. So this is like, super helpful. Yeah, you guys are having the dynamic. You're he's your dad. And and you know he's his dad. And you're you're the little kid with Mom. Yeah.

247

00:37:25.700 --> 00:37:35.060

Marni Battista: right? And so. And then, you know, caretaking, numbing, obsessing apathy, whatever it is, right, all that stuff happens

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00:37:35.420 --> 00:37:38.690

Marni Battista: so for you like.

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00:37:39.540 --> 00:37:45.600

Marni Battista: it's probably a really good thing to talk about like oh, God, we need to figure out what we're going to do with money.

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00:37:46.750 --> 00:37:47.730

Jessica Kizer: Yeah.

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00:37:49.170 --> 00:37:57.870

Marni Battista: right? Like, how are we gonna how are we gonna talk about money? How are we gonna organize our money? How are we gonna make decisions about money?

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00:37:58.650 --> 00:38:11.069

Jessica Kizer: And it would be helpful of him instead of him saying, That's too expensive for him to be like. Oh, tell me more about why that's important to you. Like to ask me a question versus like no, that's too expensive, like, because I don't really want to hear that.

253

00:38:11.990 --> 00:38:30.639

Marni Battista: So I could also share that with him, too, like it would be helpful if you were to ask me, or or be curious about like. Why it is I'm wanting this thing, or I think we should spend money on this versus like it's too expensive, right. And so then you can have. So you could have a repair conversation. Kind of that goes like

254

00:38:31.250 --> 00:38:38.020

Marni Battista: you know, the other day when I asked you about. You know that idea. And you said this.

255

00:38:38.030 --> 00:38:50.820

Marni Battista: it re, it made me feel like when I was 7. And my mom, you know, returned the backpack and it. And it made me feel like I'm not important. And next time

256

00:38:51.110 --> 00:38:58.840

Marni Battista: what I'm gonna do different is, I'm gonna like, connect to my adult self. And

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00:38:59.020 --> 00:39:02.880

Marni Battista: what I need from you is.

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00:39:04.800 --> 00:39:07.020

Marni Battista: you know, to be curious

259

00:39:07.120 --> 00:39:09.560

Marni Battista: about why.

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00:39:10.840 --> 00:39:15.550

Marni Battista: And then we can have it. Both have an adult conversation.

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00:39:16.440 --> 00:39:25.880

Jessica Kizer: Yeah, like owning my part of it, which is like, yeah, that I that I'm that I go into this place, but also like asking for what it is. I'm I'm needing to

262

00:39:26.030 --> 00:39:40.959

Marni Battista: exactly. And then big picture is like. And so what we should probably do is sit around and be like, okay, what's our budget? How are we gonna do this like, how are we gonna make decisions about what to do and what not to do and what are like off limits.

263

00:39:41.810 --> 00:39:43.420

Marni Battista: reactions like.

264

00:39:43.650 --> 00:39:52.310

Marni Battista: okay, fine. And that's too expensive. Need to not be options. Yeah, for sure. Okay, right?

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00:39:55.870 --> 00:40:05.250

Marni Battista: Yes, that makes sense. And then I think it would be really great for you to like. Talk to your little who? Right? So do some ace conversations.

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00:40:07.740 --> 00:40:12.480

Jessica Kizer: Okay. that was so helpful. Thank you. Okay? Sure. Great question.

267

00:40:13.500 --> 00:40:15.780

Marni Battista: Okay, Jamie.

268

00:40:18.650 --> 00:40:20.610

Jamie Heberlein: Hello, Hi.

269

00:40:20.660 --> 00:40:30.849

Jamie Heberlein: so I'm trying to figure out how to distinctly say this. So what is? It's all going in my head. So what I'm needing help with

270

00:40:30.980 --> 00:40:41.389

Jamie Heberlein: is back on back on the dating, the Bea, the dating train, and yeah. And so texting with a couple

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00:40:41.460 --> 00:40:50.090

Jamie Heberlein: facetime date tomorrow with one, and I'm even like shaking cause. This makes me smell so nervous. So

272

00:40:50.130 --> 00:40:52.750

Jamie Heberlein: my entire life

273

00:40:52.830 --> 00:41:02.049

Jamie Heberlein: I feel like I dated, whether serious, casual. Whatever one or 2 people that I found

274

00:41:02.140 --> 00:41:21.409

Jamie Heberlein: like that I was like, since you're like attracted to them. And so the majority. It's more about person. You know the person, the personality, what's behind that like? They're the superficial part, because that makes people, as we know, Mike said, like, it makes people more attractive right? And that's always

275

00:41:21.680 --> 00:41:27.040

Jamie Heberlein: been the case. And in my serious relationships that I've had.

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00:41:27.860 --> 00:41:40.419

Jamie Heberlein: that's like in my, you know, like. So I've been. I've been stewing about this? Because I'm like, who's norms? Am I comparing this to like what's attractive? Right? Like societal norms like my thing like, what is it? What it comes down to is that

277

00:41:40.560 --> 00:41:59.580

Jamie Heberlein: in my past the serious ones I've been with, whether marriage or serious relationships, I have not been like physically attracted to them, and it's like worked out another ways. So I'm in this situation with a handful that I don't feel

278

00:41:59.830 --> 00:42:28.019

Jamie Heberlein: attracted to that like this one person to. I don't feel attracted to him, and like his pictures, there were some that I was like. Oh, yes, they're like, oh, the eyes are like I I'm like oh, the smile! And I try to find things to me that like yes, pull me into, be attracted to the person like from a physical state. And then we had a facetime, and he looked very different. Ish like just like we all change. He had some recent pictures, but

279

00:42:28.330 --> 00:42:32.940

Jamie Heberlein: he just looked different, didn't look as like healthy. And

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00:42:33.490 --> 00:42:58.730

Jamie Heberlein: and so I kept thinking. And I was going back to my going back to my non-negotiables right? Like, okay, this still goes back to my non negotiable, because in my am I short changing myself like I'm very judging myself like I'm feeling very guilty of judging someone else on their looks, cause that's like, I think, the worst thing to like when that's happened to me. So I'm feeling really guilty about it.

281

00:42:58.750 --> 00:43:16.260

Jamie Heberlein: and at the same time, like I've it's kind of might. I think it's a Ret. I wrote down like, oh, this might be a new rep, because it's like, oh, and it's a for sure a little who like what you don't deserve or you don't. You know you don't get to be attracted to people that you find attractive because you're not.

282

00:43:16.330 --> 00:43:32.830

Jamie Heberlein: You don't look how you're supposed to look to attract the people that you want to attract. So that's definitely my like little home message. So I'm just feeling really badly, because I'm gonna go on this date. And he's like we've been texting a lot. And like

283

00:43:33.090 --> 00:43:51.480

Jamie Heberlein: so far, very superficially. We haven't met, you know, real person. But meeting you meeting a lot of the non negotiables, and seems really fun and funny. And I just maybe it will change in person, I'm hoping. But at this point, and I just feel like a bad person, for

284

00:43:51.770 --> 00:44:10.410

Jamie Heberlein: not feeling excited. To meet him only seems great. But this is always what I say. This is the rep, like, Yeah, there's, you know, I kinda justify it like, Oh, because they are, Greg, the people that I've been with, like they have been great, but I have not been physically attracted to them, and they've said they've been physically attracted to me.

285

00:44:10.760 --> 00:44:14.049

Jamie Heberlein: so I don't know what to do with that.

286

00:44:15.390 --> 00:44:23.520

Marni Battista: Well, I think you're not alone. I saw a lot of people nodding their heads. So that's really good. So a couple things.

287

00:44:23.850 --> 00:44:26.140

Marni Battista: One is

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00:44:29.160 --> 00:44:32.790

Marni Battista: my gap. My intuition is that

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00:44:34.520 --> 00:44:39.230

Marni Battista: it? It's the guilt is like, yes, you feel guilt for judging them.

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00:44:39.540 --> 00:44:46.990

Marni Battista: But but really, what you're doing is you're judging yourself for sure. And that's what I've been saying to myself. It's like, I'm judging

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00:44:47.070 --> 00:45:00.619

Jamie Heberlein: multiple levels many onion like lots like 15 onion layers going on here. Yeah. So I think, like, the most important thing you could do today or tonight is to do that stuck energy

292

00:45:01.800 --> 00:45:05.870

Marni Battista: thing and like, because there's this stuck old

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00:45:05.930 --> 00:45:22.110

Marni Battista: narrative. You know your dad's voice, or whoever's voice right saying like, you know. you're not enough right. You need to look a certain way. You need to be perfect. You need to whatever. Okay? So that's number one.

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00:45:23.220 --> 00:45:26.100

Marni Battista: number 2 is

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00:45:28.110 --> 00:45:29.240

Marni Battista: that

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00:45:32.940 --> 00:45:34.160

Marni Battista: you're.

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00:45:34.440 --> 00:45:39.580

Marni Battista: And this is really important is for everyone who this is relevant to is

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00:45:40.110 --> 00:45:44.770

Marni Battista: going out on a date with someone is not decide is not

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00:45:45.280 --> 00:45:46.869

Marni Battista: choosing that person

300

00:45:49.780 --> 00:46:06.730

Marni Battista: right? You'd literally like, imagine it was a he. He worked for Nike, and you were going to have a conversation with him about coaching people at Nike. Right? You wouldn't. You would be looking at a whole other set of criteria.

301

00:46:08.510 --> 00:46:13.289

Marni Battista: Yeah, right? And so so it's really just like.

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00:46:15.010 --> 00:46:17.429

Marni Battista: and by the way, guys, ladies.

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00:46:17.580 --> 00:46:37.550

Marni Battista: when you text someone a lot in between the dates, you create that like illusion of this connection. And then you feel can feel like, oh, he's so nice! I feel shitty like I'm I leading him on like he's being so nice like. I'm not being genuine, right? Because you're not being genuine. You're not matching his

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00:46:37.600 --> 00:46:40.670

Marni Battista: energy. You're just like. not sure.

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00:46:41.970 --> 00:46:45.469

Marni Battista: But I'm guessing. His texting is sure is confident

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00:46:45.820 --> 00:46:48.650

Jamie Heberlein: and very come. Lots of compliments.

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00:46:48.800 --> 00:47:04.050

Marni Battista: Yup. So so then that happens, and then in your head you're like I'm bad, right? I'm not being an alignment. I'm you know. I'm not resonant right? Cause you're faking it.

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00:47:06.350 --> 00:47:14.549

Jamie Heberlein: Well, I mean I'm I'm not. I'm not saying anything that's not true, but I'm also like kind of

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00:47:16.250 --> 00:47:33.530

Jamie Heberlein: in a way I felt like a lot of times like I've settled in that. Well, it's okay that you're not like. It's okay that you're not totally attractive. And into this person, because all these other things are there that are so amazing, and you'll never get any 100 right like that's kind of been my limiting belief.

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00:47:33.540 --> 00:47:38.510

Jamie Heberlein: Not kind of it has been. So you need to work with that limiting belief.

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00:47:40.690 --> 00:47:48.010

Marni Battista: Right? Like you get to have whatever you choose you get. You have your 5 non-negotiables, you know.

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00:47:48.920 --> 00:47:51.310

Jamie Heberlein: right? And so I don't.

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00:47:51.400 --> 00:48:06.639

Jamie Heberlein: I think I have in there that can I think that's under the intimacy part like. So so then, if I if it doesn't, then what do I say? I mean, I feel like I it's chemistry, or like to say, this isn't

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00:48:08.580 --> 00:48:13.809

Marni Battista: yeah, I mean, so you can go out with them and see in person what it's really like

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00:48:14.360 --> 00:48:15.940

Jamie Heberlein: right

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00:48:16.020 --> 00:48:18.870

Marni Battista: or, you can say,

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00:48:20.260 --> 00:48:21.260

Marni Battista: i

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00:48:22.780 --> 00:48:29.669

Marni Battista: after our facetime date, or whatever it was our zoom date, or whatever. I'm feeling like. We're not a match.

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00:48:31.560 --> 00:48:39.070

Jamie Heberlein: even though I kept texting after that. That's where I feel like the bad person. You're not a bad person. You're getting clarity.

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00:48:41.940 --> 00:49:11.559

Marni Battista: I mean that so dating is the process. And so what happens in between the dates is as important as on the days. And, by the way, Jamie, him being like very complimentary or overly, complementally complimentary, can also give you the it right, because you're like you don't even know me. Why are you giving me all these compliments? Right? And then you're and that's showing his like almost insecurity. Because he's like you're so great. You're so pretty. You're like, you don't even know me like.

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00:49:11.700 --> 00:49:17.770

Jamie Heberlein: why are you telling me all this stuff right? So there's probably a lot more in it than just

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00:49:18.160 --> 00:49:19.340

Marni Battista: how he looks.

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00:49:19.570 --> 00:49:21.770

Jamie Heberlein:

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00:49:21.880 --> 00:49:33.109

Marni Battista: But the the thing is there is no right there's no right thing to do right, so you can go out on it with them, just to give it a go and say you don't want to go out with them again. You cannot go out with him now.

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00:49:34.560 --> 00:49:46.909

Jamie Heberlein: just to see cause maybe they'll there. I mean. maybe there would be. There is. Maybe there is a spark, or it's something that I don't want to discount and then regret or just not. I mean

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00:49:48.340 --> 00:49:50.959

Jamie Heberlein: there's not.

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00:49:52.180 --> 00:49:53.919

Marni Battista: But why do you feel bad?

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00:49:54.650 --> 00:50:08.330

Jamie Heberlein: Because I'm judging off of a superficial thing versus who someone is in their heart as a person right? But if you're non-negotiable connection and chemistry, it's the same is not liking someone, because

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00:50:09.560 --> 00:50:10.490

Marni Battista: you know

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00:50:11.070 --> 00:50:14.200

Jamie Heberlein: something else. That's not a non-negotiable right.

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00:50:14.490 --> 00:50:16.039

Marni Battista: they want to have kids

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00:50:16.260 --> 00:50:16.940

Jamie Heberlein: yeah

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00:50:18.230 --> 00:50:22.850

Marni Battista: or they're not looking for a serious relation. I mean everything is equal, it's not a weighted

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00:50:23.520 --> 00:50:27.570

Jamie Heberlein: system. Yeah, and that's why I think it's more about

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00:50:27.610 --> 00:50:38.629

Jamie Heberlein: it is about you because you always put your old way is to put that on the emphasis. People love me because I'm attractive or I'm not attractive.

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00:50:38.760 --> 00:50:51.519

Jamie Heberlein: That's my value. So you're so you're having transfer right? You're putting that on him. But you don't need to feel bad because he hasn't done anything wrong, and neither have you.

337

00:50:53.390 --> 00:50:56.940

Marni Battista: So I think the deeper question is, why do you need to beat yourself up.

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00:50:58.110 --> 00:51:02.829

Marni Battista: Why do you think you're attached to like I'm bad. I've done something wrong

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00:51:03.910 --> 00:51:06.419

Jamie Heberlein: because of how I was

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00:51:06.600 --> 00:51:07.660

Jamie Heberlein: treated

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00:51:08.260 --> 00:51:11.989

Marni Battista: so. Are you punishing yourself for

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00:51:12.180 --> 00:51:13.540

Marni Battista: being human.

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00:51:13.660 --> 00:51:19.459

Jamie Heberlein: Well, I think it's just. It feels badly thinking

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00:51:20.100 --> 00:51:23.309

Jamie Heberlein: that someone's unattractive and that that's a value.

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00:51:23.360 --> 00:51:33.900

Jamie Heberlein: And then that's value, because, being on the receiving end of that sucks. And so it's like someone's value. It feels like shit for someone to

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00:51:34.430 --> 00:51:45.069

Jamie Heberlein: like. Oh, like, say, they're openly say that to which I wouldn't openly say that to him. But I think it's just. It's 100 subjective.

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00:51:45.220 --> 00:51:47.410

Jamie Heberlein: Yes, completely.

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00:51:49.630 --> 00:51:52.299

Marni Battista: Because, guys, I don't get the Travis Kelsey thing.

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00:51:55.250 --> 00:52:04.639

Marni Battista: I have no desire to see that man naked right, but but that but someone else thinks he's totally so hot and so sexy.

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00:52:04.880 --> 00:52:32.539

Marni Battista: Have you seen that meme where he's on the Super bowl stage. He's and he's saying, you've got a fight for you. Have you seen that, guys? He's like you gotta fight for you right, pan over to Taylor Swift. And I was like, is she thinking? That's gross? And so people are like, you know, the memes are like, watch Taylor get the ik in real life, you know, or like. But some people think, Oh, that's a place full. And so fun, you know. Like, so

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00:52:33.590 --> 00:52:38.460

Jamie Heberlein: I think. Yeah, I think the bottom line is that I need to work on

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00:52:39.930 --> 00:53:03.310

Jamie Heberlein: the feeling badly about judging someone based on how, if they are attractive to me or not, because there are some people that I find attractive, and some of my girlfriends are like Ew, and I'm like, that's so. It's just part of your non-negotiable, and you get some. You get to be discerning about what works for you and what doesn't. Yeah.

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00:53:04.740 --> 00:53:07.320

Marni Battista: right? Everybody has their own

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00:53:07.440 --> 00:53:30.479

Marni Battista: thing. And by the way, you guys all know that you could date someone who's super hot. And then he does something really weird. And you're like, like I dated this guy, and he was so freaking hot. I swear to God I like met him at Hoffman Thing in A, and like it was deep, and it was a spiritual. We went to New York, and we were staying at this air, be thing, and we had to like move, unfortunately, in the middle, and he literally, I don't know if you guys can see this, but

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00:53:30.910 --> 00:53:35.120

Marni Battista: written students in New York. And he did this. He was like.

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00:53:37.890 --> 00:53:45.419

Marni Battista: Oh, my God, it's so hot I don't wanna take the keys. And literally, right then I was like, Yeah.

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00:53:47.580 --> 00:53:57.720

Marni Battista: and I remember. And I was like, fine. I'll take keys, because that's me at the time. But I remember calling my dad and II was walking to this place, returns. He's and I was like I can't.

358

00:53:57.900 --> 00:54:14.830

Marni Battista: I just can't like everything he did. Everything said like it didn't matter. He was looking all of a sudden. In a minute I was like off like it was the it literally before the IC. Was the thing. And so we know that really attractive people can have qualities or characteristics that turn us off. And we know

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00:54:15.690 --> 00:54:29.190

Marni Battista: you know, Allah, Harry, and sex in the city. And right, and that character right, Charlotte, where, like the ball guys like the hot guy right? And so this is, I want you to like, you need to neutralize it.

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00:54:29.660 --> 00:54:43.710

Marni Battista: It's just one of your non-negotiable. And and then really do the internal, like the for the forgiveness work. And like, get rid of that stuck energy that you're bad because you have an opinion.

361

00:54:44.240 --> 00:54:45.030

Jamie Heberlein: Yeah.

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00:54:45.480 --> 00:54:48.700

Marni Battista: because it's really just your opinion. It's not the truth.

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00:54:49.030 --> 00:54:54.210

Jamie Heberlein: Yeah, thank you. I know. Like I would my energy. I was like, if I was on love is blind.

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00:54:54.280 --> 00:55:00.299

Jamie Heberlein: I would so fail. I could be like, this is all awesome, and they do the reveal. And my face would be like.

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00:55:00.590 --> 00:55:03.230

Jamie Heberlein: And I would so be.

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00:55:03.360 --> 00:55:26.940

Marni Battista: yeah. Yeah. I watched a really old episode of sex in the city where Samantha, there's this guy. They're at a wedding, and they're like they go to this wedding, and there's a nerdy, horrible guy with really bad breath, and Samantha ends up talking to him at this party, and she gets stood up by some guy, and she decides to date the guy, and so she dresses him up, and she puts him in great clothes.

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00:55:26.940 --> 00:55:35.710

Marni Battista: and you know all of the girls are like. I do totally not get it. And in the end, of course, you know, he's still that gross guy.

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00:55:35.710 --> 00:55:38.760

Marni Battista: You're right. Who's talking about like

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00:55:38.910 --> 00:55:52.800

Marni Battista: his food in a weird way. And so she goes like, you know, I'm gonna leave, meaning that even if you take this person, you dress them up in all this way. It's just either gonna work or it's not gonna work, but it's totally subjective.

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00:55:53.140 --> 00:55:56.149

Marni Battista: And you don't know that. And

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00:55:56.210 --> 00:56:03.170

Marni Battista: some people do become more attractive. And some people just aren't. And that's okay. They're not attractive to you.

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00:56:04.090 --> 00:56:06.569

Jamie Heberlein: Okay, thank you. Okay.

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00:56:06.620 --> 00:56:08.100

Marni Battista: love that question.

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00:56:10.050 --> 00:56:11.280

Marni Battista: Katie.

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00:56:15.620 --> 00:56:17.179

katywolf: Okay,

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00:56:17.240 --> 00:56:29.179

katywolf: thank you everybody II what would be helpful for me is if I could get some clarity about what I'm doing with this guy.

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00:56:29.410 --> 00:56:57.420

katywolf: let's see, I'll just remind you that you know I do this compassion for Ukraine thing. Been doing it every day for 2 years, and there's not ready. I'm still right exactly that guy, but but you know I see him every day on the zoom thing, and occasionally I see him in person, and and we talk on the phone a lot. And we text. And and II found a certain freedom in the relationship, because I know he's

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00:56:57.520 --> 00:57:05.639

katywolf: he's not ready, right, and and we go on just relating and getting to know each other more. And

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00:57:06.210 --> 00:57:09.409

katywolf: I just really like him. He's easy to talk to. He's helpful

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00:57:09.430 --> 00:57:14.550

katywolf: And then to day something happened where?

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00:57:15.710 --> 00:57:30.700

katywolf: yeah, it's really, but I don't know if it's little who or what. But it's really brought up concern, which is II have a lot of trauma in my past, and I've done a lot of therapy and meditating, you know it's this is. It's an ongoing everyday all day, trying to

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00:57:31.180 --> 00:57:32.790

katywolf: not slip in.

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00:57:33.210 --> 00:57:45.970

katywolf: and I've made progress about sharing it with dates and people, you know, like the beginning. I'd be out there with all my trauma. And then I just realized, no, I don't need to do that, you know I still. So I have learned to just

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00:57:46.740 --> 00:58:05.450

katywolf: not put it all out there at the beginning, is kind of parse it out and say this with this guy been with, for you know, talking to him for like 2 years I haven't like spilled all the trauma. But over time things come out like the the lung cancer and the the plane crash. And the today early childhood use came out.

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00:58:06.360 --> 00:58:17.570

katywolf: and he was like, Oh, my God! You know he he was like, there's just so much I don't what his words were. But basically just another hit. Just another hit like you've you've had so much trauma.

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00:58:17.910 --> 00:58:29.400

katywolf: he he! I think he was talking about like being pushed down. And I said, Yeah, but that's how far up II go. You know, I really feel like I have. Really, I'm a thriver, you know. I'm one of these people who has.

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00:58:29.970 --> 00:58:34.699

katywolf: you know. I'm a pretty cool person. What kind of talk I am not.

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00:58:35.040 --> 00:58:48.999

katywolf: I'm not stuck there. Work with it so fucking much. But anyway, so it was very intense to have him reflect back how much trauma you know I'd had. And I said, Yeah, but you know, that's

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00:58:49.020 --> 00:58:54.539

katywolf: like I bounced up because I am a cheerful person, and I learn and I'm curious, and I have a good life.

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00:58:54.810 --> 00:59:00.459

katywolf: I'm happy. I mean, you know, other than wanting to have a man which we could talk about. But

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00:59:00.530 --> 00:59:03.459

katywolf: anyway, the point is he?

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00:59:03.480 --> 00:59:07.360

katywolf: He had to get off the phone right after he said that, and he said, I'll call you back.

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00:59:07.390 --> 00:59:19.330

katywolf: And and then I sort of slipped into a a a dark call about. Oh, I'm so traumatized and nobody's gonna be with me, cause II can't do anything about my past. And

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00:59:20.360 --> 00:59:33.160

katywolf: anyway. so he called back. and He said, you know I once had a therapist who warned me against trauma bonding. and he said, I hope we're not trauma binding. And

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00:59:33.450 --> 00:59:34.870

katywolf: and and I

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00:59:35.140 --> 00:59:53.570

katywolf: and I said, well, I'm sorry if I dumped on you, he said. I don't feel like you dumped on me, but he said, I'm just worried about trauma bonding. And so I'm so anyway. So now I come to you right after this conversation with him going what the fuck, you know I can't do anything about my past other than what I'm doing, and I've done a great job.

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00:59:53.920 --> 01:00:01.600

katywolf: and it's like I and I haven't like dumped it all out on the guy in the last 2 years it's been parsed out.

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01:00:01.830 --> 01:00:04.290

Marni Battista: It's just true. So here's the thing.

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01:00:04.730 --> 01:00:05.959

Marni Battista: First of all.

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01:00:06.520 --> 01:00:32.979

Marni Battista: fuck him because you are amazing, and you are inspiring and gorgeous, and beautiful, and loving, and honest, and vulnerable and sweet, and all those things right. And so I just really see you for who you really, really, truly are. You are definitely not your trauma like that isn't. And I've been doing this a really long time, and that is not you.

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01:00:33.090 --> 01:00:34.379

katywolf: Thank you

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01:00:35.130 --> 01:00:38.360

Marni Battista: like a hundred 1 million percent. I mean

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01:00:38.760 --> 01:00:40.790

Marni Battista: you. You know

404

01:00:40.840 --> 01:01:01.530

Marni Battista: you do. Lung cancer like it was a hangnail. You're literally like so empowered and powerful, you know. Well, compared to the plane crash! It is a fucking hangnail, that's what I that's what I'm saying, right like you have gratitude and wonder and all these amazing things. So here's what I wanna say.

405

01:01:01.530 --> 01:01:17.460

Marni Battista: That guy is just leaking his own shit because he's told you I'm not ready for relationship. I don't want agenda, and when he says, Oh, are we trauma bonding? What he's saying is, we probably shouldn't be bonding. We're bonding.

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01:01:17.460 --> 01:01:42.319

Marni Battista: I am being friendly. I'm being friends with you, but what I'm doing is talking to you. I'm flirting with you and having a connection with you. And so when he says, I hope we're not trauma bonding. What he's probably saying is to himself, oh, God, I'm like getting. I'm in an emotional relationship with Katie, and I'm not ready for that. And the minute someone tells me of their struggle I fall into a tri where he feels responsible, or he

407

01:01:42.320 --> 01:02:01.360

Marni Battista: feel that's his shit. Okay. Okay. Okay. So like, I love, like, I'm just not sure if he's like the most amazing friend. And he's definitely not an amazing date right now, cause he's not looking for something right? So I think you have to really look at is like.

408

01:02:03.150 --> 01:02:07.209

Marni Battista: what do I want? What am I getting from this relationship at this point.

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01:02:07.280 --> 01:02:15.000

Marni Battista: Okay? Because he leaked his trauma and his issues like at a 10 all over you.

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01:02:15.670 --> 01:02:16.560

katywolf: Okay.

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01:02:16.970 --> 01:02:27.960

Marni Battista: you never add you were like, you never said like, Oh, I had trauma, and I'm looking for someone to save me or fix me, or you know you didn't set it up that way at all. And so his.

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01:02:28.620 --> 01:02:33.620

Marni Battista: And maybe he did that with this past relationships, who knows? That's definitely not your problem.

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01:02:33.630 --> 01:02:41.439

katywolf: right? But I just think to me that's like a giant red flag. Okay? And he's already got it. The other giant, I mean, he's like

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01:02:41.630 --> 01:02:44.180

Marni Battista: he's got so many flags we can't even see him

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01:02:44.770 --> 01:02:58.460

katywolf: see? That's what I need help with. Thank you. You're seeing flags. I'm I'm you know how I'm seeing it. I'm seeing like, Wow, this is freedom. This is a relationship where I know that we're not like dating. So I see it as an opportunity, for.

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01:02:59.060 --> 01:03:01.580

katywolf: you know, exploring friendship with a man.

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01:03:01.660 --> 01:03:04.810

Marni Battista: Yeah. And I just don't think that most of us

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01:03:06.460 --> 01:03:07.490

Marni Battista: need that.

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01:03:08.860 --> 01:03:19.599

Marni Battista: Okay, like III mean, I know I have like a bit like a bestie who's like dude. He's in a relationship right? And I would never, never date him in a million years.

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01:03:21.740 --> 01:03:47.560

Marni Battista: because I know him so well. But he's attractive. But the bottom line is like, I don't have to overthink any of those things because we're literally just friends, actually friends. So when it we get hurt right like we have to look at like what is really going on here. And I'm concerned is that even though your friends, you probably still have a little crush on him. And

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01:03:47.560 --> 01:03:54.170

Marni Battista: yeah, and he has a little crush on you. And now he's leaking. And so it's just not maybe the healthiest situation

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01:03:54.280 --> 01:04:06.850

Marni Battista: right, and I'm I never want to tell anyone like what to do. You know who to be with, or who to talk to, or any of those things except Alexandria. But but

423

01:04:07.110 --> 01:04:13.450

Marni Battista: I you know it's your your decision right? But like you have to look at like. If you were just a friend. What would you do?

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01:04:14.840 --> 01:04:41.120

katywolf: Well, actually, II share a lot with my friends. You know. I mean, my issue is, I need to be less open, you know I'm saying like I mean, I see it is good because I'm super open and vulnerable, but so I am actually relating to him as if he were a girlfriend, you know, because I mean there is the crush thing. But but you see what I mean. It's open with everybody. Yeah. But the crush thing is probably bigger than you're giving it credit.

425

01:04:41.120 --> 01:04:53.870

katywolf: and that's that's where the dating comes in. II feel a certain desperation about dating to get me away from my attraction to him, and that is why you probably would be higher serve by just not

426

01:04:54.140 --> 01:04:57.769

Marni Battista: being his friend right now, cause it's a distraction from the other guys.

427

01:05:00.090 --> 01:05:02.799

Marni Battista: He's like, maybe part of your like love shield.

428

01:05:04.210 --> 01:05:09.210

katywolf: maybe. Well, he friends owned you. Yeah. And you're still.

429

01:05:09.330 --> 01:05:11.080

katywolf: you know. Yeah.

430

01:05:11.530 --> 01:05:14.230

Marni Battista: So maybe creating some space.

431

01:05:14.780 --> 01:05:26.200

Marni Battista: And he also, and like Alexandria, said, Friends don't make you feel like shit Cause I, when you said he called back, I was. Gonna be like. Oh, he called back to apologize, but he called back, to make it worse.

432

01:05:26.570 --> 01:05:41.609

Marni Battista: I don't need you to caution. I'm good. But clearly you're you feel compelled to like, fix me. And I never asked for that. And I don't need that. And so

433

01:05:42.320 --> 01:05:43.700

Marni Battista: that's your problem.

434

01:05:43.990 --> 01:05:50.450

katywolf: Okay? But what he did. Is he stirred up this thing that make you feel bad about yourself, and I don't. I don't love that

435

01:05:50.710 --> 01:05:52.159

Marni Battista: for for you

436

01:05:52.210 --> 01:05:55.259

katywolf: right? Right? Because the truth is.

437

01:05:56.480 --> 01:06:05.819

katywolf: both are true, you know I've had incredible trauma, and I'm doing incredibly well. I mean exactly. There's no way to to not have that past that happened?

438

01:06:06.000 --> 01:06:06.810

Marni Battista: No

439

01:06:06.950 --> 01:06:32.480

Marni Battista: and that so? And if so, if someone in back to like the Erin conversation right of like, you know, if if that guy that Aaron was talking about was like, Oh, you know my wife is. And then Aaron was like, Oh, yeah, I'm like, I'm dating, and there's such assholes and like, Oh, my God! Dating is so hard! Oh, I wish it could be someone like you. Oh, yeah, you're me. That's trauma bonding right? That's shared

440

01:06:32.690 --> 01:06:39.570

Marni Battista: bad experience right? And you weren't trying to do that. And he made it that, and that's his shit.

441

01:06:40.010 --> 01:06:51.909

Marni Battista: So right? So I would just be super wary because he's already said. He's not looking to date you, but he's acting like it. So he's a little out of integrity, and now he's sort of like

442

01:06:51.950 --> 01:07:00.310

katywolf: blaming you for his own shit, and I don't love that well, but isn't making a when he said the thing about trauma binding, I mean, that's relative

443

01:07:00.310 --> 01:07:23.360

katywolf: that that's what's the word relevant to a relationship? It kind of made me think he's like looking at this like a relationship. So he's not being consistent. That that's what you mean about being out of integrity. Yeah, exactly 100%. He wants his cake and eating it, too. Got it? Okay, thank you. Yeah, this this is helpful. And I so appreciate. I feel I feel validated

444

01:07:23.560 --> 01:07:25.299

katywolf: in my view that

445

01:07:25.970 --> 01:07:37.819

katywolf: I'm doing incredibly well you're doing. You're doing great, and so the old might. So is your dating coach. I would just say, I don't want this crush on this guy to take you away from being emotionally available with other people.

446

01:07:38.290 --> 01:07:39.450

katywolf: Yeah, okay.

447

01:07:39.630 --> 01:07:44.440

katywolf: great, thank you. And and thank you. I see I see a heart there. Thank you so much. Everybody

448

01:07:45.100 --> 01:07:45.970

Marni Battista: more.

449

01:07:46.290 --> 01:07:51.189

katywolf: Alright.

450

01:07:51.460 --> 01:07:54.450

Marni Battista: Let's see any other questions.

451

01:07:57.020 --> 01:07:58.120

Marni Battista: Jane.

452

01:08:04.470 --> 01:08:11.200

Jane: Not sure if I know what my question is, otherwise other than say, it would be helpful just to have a little bit of

453

01:08:11.740 --> 01:08:24.849

Jane: encouragement just to check in. See if I'm doing okay. Actually, your post was like, I feel great. I have a big shift. I'm meeting great guys. So it sounds like, you're doing great.

454

01:08:25.800 --> 01:08:29.449

Jane: Yeah. Yeah. And I'm I think I'm

455

01:08:30.770 --> 01:08:37.430

Jane: I'm at that point where I think there's a front runner, and I know that's quite a dangerous thing to get into, isn't it?

456

01:08:37.510 --> 01:08:47.520

Marni Battista: No, that's a great thing. We like front runners keep them running so we have to make sure there's other. There's other competition.

457

01:08:47.960 --> 01:08:49.649

Jane: Yeah, dating.

458

01:08:49.819 --> 01:08:59.589

Marni Battista: How do we? How do we let them know that we have choices without having? I've got choices. We don't need to. It's just you just know it.

459

01:08:59.859 --> 01:09:00.689

Jane: Okay.

460

01:09:00.800 --> 01:09:06.889

Marni Battista: you don't need to tell him unless he says, like, you know, is there anyone else you're dating. That really happens.

461

01:09:07.910 --> 01:09:09.630

Jane: Okay, okay.

462

01:09:09.680 --> 01:09:16.039

Jane: yeah, I just have really made a shift. And it's just like this lovely sense of, actually.

463

01:09:16.189 --> 01:09:17.739

Jane: this is fun.

464

01:09:18.120 --> 01:09:24.120

Jane: I'm gorgeous. There are gorgeous people we can meet

465

01:09:25.350 --> 01:09:37.090

Marni Battista: that makes me so happy to hear you work very, very, very, very, very hard. And that's amazing. So congratulations. Keep dating, keep dating other people until it's exclusive.

466

01:09:37.550 --> 01:09:41.530

Jane: Okay? And I'll I'll post some more stories on the

467

01:09:41.620 --> 01:09:43.880

Jane: on the feed. And

468

01:09:44.779 --> 01:09:59.800

Marni Battista: so I'm gonna call on people to share wins. Because I miss told people that if you don't talk I'm gonna call on you. And even though there's no other question. So if you know who you are and just get ready.

469

01:10:01.930 --> 01:10:08.200

bernieb: Hi! What's a little baby win for you in the last week or so?

470

01:10:08.930 --> 01:10:14.299

bernieb: Well, oh, since I talked to you on Thursday even since you started last week or

471

01:10:14.500 --> 01:10:30.400

bernieb: 2 weeks ago, whenever it was I mean my guess my little win is I finally just started. I started module one. So that's amazing. It's a big one. Yeah. And I mean, I've been extremely busy. But you know there was so a pretty active social life, and

472

01:10:30.460 --> 01:10:37.879

bernieb: I hope to finish this, and I'm trying to buy a house a lot going on right now, but I'm committed to finishing

473

01:10:38.030 --> 01:10:46.829

bernieb: this module by the end of the week. So awesome. Alright! We can't wait to meet your Gremlins and all that. Yeah, like right? Yes.

474

01:10:47.060 --> 01:10:50.900

Marni Battista: awesome. Alright, Brenda.

475

01:10:51.930 --> 01:11:04.730

Brenda Stanton: good to see you good to see you, too. Well, I think a little win is definitely just being here.

476

01:11:04.770 --> 01:11:20.150

Brenda Stanton: So there's that and yeah, I think just just pushing through some resistance and taking action. And that's been my week. I'm just starting starting and new, not looking back and beating myself up for

477

01:11:20.560 --> 01:11:27.540

Brenda Stanton: not progressing, but just focusing on where I am and what I've when I've again started anew.

478

01:11:27.600 --> 01:11:37.490

Brenda Stanton: I love that I was sending you good vibes. I was like Brenda's gonna emerge. Brenda.

479

01:11:37.630 --> 01:11:40.479

Marni Battista: That's awesome. Alright, Alexandria.

480

01:11:42.320 --> 01:11:43.939

Alexandria: Well, I'm on the call.

481

01:11:46.080 --> 01:11:47.830

katywolf: That would be my little win

482

01:11:47.870 --> 01:11:53.400

Alexandria: I don't know. I've been doing good about picking me.

483

01:11:54.340 --> 01:12:22.130

Alexandria: That's that was the homework that was my homework. I'm supposed to send it to you on slack. I haven't done that yet, but but I have been doing better about just picking myself and so, to give you an example, on Sunday I did not go to the theater all day and work all day. I dropped my kid off, and I came home, and I did my stuff, and I took a bat. I love it. That's amazing.

484

01:12:22.300 --> 01:12:28.379

Alexandria: I just checked the day to myself and got my stuff done.

485

01:12:28.470 --> 01:12:33.139

Marni Battista: Amazing! I freaking love that congratulations that makes me so happy.

486

01:12:33.340 --> 01:12:35.350

Alexandria: I know it's so exciting. I'm

487

01:12:35.460 --> 01:12:52.630

Marni Battista: 50 something years old, and I took a bath, hey? It's the little things that add up, believe me really great, so good to hear it. We all started with that like just taking a bath. For sure. Alright, Christabel!

488

01:12:55.750 --> 01:13:01.219

Cristabel Brown: Hello, everybody! I don't know if I have a like

489

01:13:01.380 --> 01:13:04.869

Cristabel Brown: like a major win as far as

490

01:13:05.120 --> 01:13:10.100

Cristabel Brown: all of this. But II do feel like I really do feel like it's clicking now.

491

01:13:10.170 --> 01:13:13.460

Cristabel Brown: like all of this stuff, is really sort of making sense.

492

01:13:14.060 --> 01:13:19.140

Cristabel Brown: And that's a really good feeling, so that II think that's great

493

01:13:19.570 --> 01:13:28.290

Cristabel Brown: and the other win that I had is that I finish my! I finished my knit sweat. I knitted my sweater, I finished, so I'm very excited about that.

494

01:13:28.410 --> 01:13:32.860

Marni Battista: That's so amazing. I love that that is so great.

495

01:13:32.990 --> 01:13:46.109

Marni Battista: And did you send me? Am I imagining it, or did you send me your profile. I did this morning. Do you wanna go over it?

496

01:13:46.380 --> 01:13:50.900

Cristabel Brown: We had. We had a snow day today. So yes. So I was like, I'm gonna work on that.

497

01:13:51.090 --> 01:13:53.329

Marni Battista: That's amazing. Okay, let's look at it.

498

01:13:55.070 --> 01:14:07.890

Marni Battista: Okay. so yeah, you, okay. So I'm just gonna answer your question. So I'm pretty sure it'll fit on match, so we'll look at it, and you do adjust it to fit in dating apps. You just come up with like

499

01:14:08.270 --> 01:14:11.519

Marni Battista: a little short. a little short thing.

500

01:14:11.550 --> 01:14:13.890

Marni Battista: So okay, so let's let me.

501

01:14:15.460 --> 01:14:18.689

Marni Battista: And luckily this. So it's recorded. So you'll

502

01:14:20.630 --> 01:14:31.760

Marni Battista: have all my notes. Okay. you are that big hearted, happy, outgoing man that's ready for the next chapter. I am the loving, supported environment. Love to do it in your family and friends with our great.

503

01:14:31.950 --> 01:15:00.649

Marni Battista: the great smiles, what initially caught my attention to shippers nature in the past, mothers that warmed my heart. I admire how you show up in life filled with excitement for new experiences. No fear of looking so like you don't take life too seriously. You always manage to make me laugh when you share funny stories about yourself, and I think it's one of the sexiest things about you. I love making love to what you do. Often, whenever you're trying to see me fix something after watch. Okay? So we need to make it a little bit more personal. So just give me a something that you would fix after watching the Youtube video.

504

01:15:01.360 --> 01:15:04.739

Marni Battista: like, just putting an example like trying to like.

505

01:15:04.880 --> 01:15:10.009

Marni Battista: you know, yeah, trying to exactly

506

01:15:10.530 --> 01:15:19.550

Marni Battista: And so that's that we have the best time. They're playing pickleball golf, having dinner with friends or discovering some new activity together. Okay, that's great.

507

01:15:19.850 --> 01:15:38.040

Marni Battista: We both have hold on to me have to make a little bigger. We've both been seem mentioned that we're all already committed to continue so. And during the weekend going to the countryside. Okay. Can you name where you front? Where are you? Where's what's the countryside for you?

508

01:15:38.940 --> 01:15:47.189

Cristabel Brown: I don't know. I mean, I guess I just kinda copied and paste, because I wasn't sure what things I was supposed to change and what I wasn't. So

509

01:15:47.630 --> 01:15:54.470

Marni Battista: So where's the side? Near you where you would actually go.

510

01:15:54.860 --> 01:16:01.130

Cristabel Brown: I guess. Well, I'm in Westchester, New York, so

511

01:16:01.410 --> 01:16:07.669

Cristabel Brown: I guess the countryside I don't know you could go to could go to Vermont.

512

01:16:07.880 --> 01:16:12.579

Cristabel Brown: Okay, that's great. So simply a weekend getaway to the country to Vermont.

513

01:16:12.910 --> 01:16:17.459

Marni Battista: right? And maybe you could be like

514

01:16:18.580 --> 01:16:27.819

Marni Battista: if there's a town or like. Or maybe there's a really cool place that you would like to go in wherever in Vermont

515

01:16:27.960 --> 01:16:41.170

Cristabel Brown: you could say, like, I do love the blah blah blah hotel, or whatever Airbnb, right? Or whatever you know the bathtub, the fireplace, and that, you know, and the pub, or whatever it is, just make it a little personal.

516

01:16:41.350 --> 01:16:42.110

Cristabel Brown: Okay?

517

01:16:42.250 --> 01:16:47.349

Marni Battista: Okay? Well, we love to support so many places. Comfortable home. It's important.

518

01:16:51.240 --> 01:17:00.209

Marni Battista: okay. So for the next part, when we travel, so I would again, I'd be like whether we're going to.

519

01:17:01.290 --> 01:17:02.999

Marni Battista: you know Bali or

520

01:17:03.450 --> 01:17:08.299

Marni Battista: Prague, whatever we like to as we're going

521

01:17:08.390 --> 01:17:13.209

Marni Battista: And do you like to do that? Or do you want him to do that? Or do you both like to do that?

522

01:17:13.780 --> 01:17:17.219

Cristabel Brown: Maybe a little combination of both?

523

01:17:18.940 --> 01:17:24.589

Marni Battista: Okay, so maybe it's like, when we travel, we both take turns researching the places we're going

524

01:17:24.760 --> 01:17:30.410

Cristabel Brown: and we love it when there's an opportunity to become spontaneous

525

01:17:32.140 --> 01:17:41.999

Marni Battista: and then I would get rid of whether roughing it or staying at the 5 Star Hotel, because you kind of already got that with the Vermont thing, and you know you don't need to say it again.

526

01:17:42.250 --> 01:17:42.970

Cristabel Brown: Okay.

527

01:17:43.420 --> 01:17:52.429

Marni Battista: okay, you understand the true to the live profound. You're spending time and creating members, selling friends having a game night playing ton, or enjoy making sourdough bread

528

01:17:52.680 --> 01:17:58.359

Marni Battista: you. May you think my go-to recipe. Okay, so you have to put whatever your go to recipe is.

529

01:17:59.610 --> 01:18:16.930

Cristabel Brown: You think that's great? You you could put you think my go to recipe, and you could be like, I order great takeout right? Is the most amazing, and you're always willing to be my sushi, or I'm willing to be your susha

530

01:18:17.380 --> 01:18:31.910

Marni Battista: right? So you just be funny about it right. You think my Goto recipe, you know. And then this is like, I order mean takeout from blah blah blah and your, and I'm always willing to be your sous chef.

531

01:18:32.070 --> 01:18:37.069

Cristabel Brown: no matter what we do, there's always fun and easy conversation involved

532

01:18:38.000 --> 01:18:46.200

Marni Battista: makes me so happy when you open doors to me. Gathering the hand, my back fixing my, do you have veggie and flowerbeds and home projects and stuff?

533

01:18:46.450 --> 01:19:01.569

Marni Battista: I do. Okay, cool. You love how I reciprocate with an infection kiss an align hug. I would get rid of. I feel so loved. And Karen grab my hands. We've already got that physical touch thing.

534

01:19:01.960 --> 01:19:05.080

Marni Battista: and if there's another home project that you

535

01:19:05.210 --> 01:19:09.189

Marni Battista: have, besides tending to a home project, I would put that in there.

536

01:19:09.390 --> 01:19:10.160

Cristabel Brown: Okay.

537

01:19:11.720 --> 01:19:17.120

Marni Battista: we each other's 2 leaders bring moments, and granted she was alive. I'm proud to be the woman

538

01:19:17.830 --> 01:19:19.679

Marni Battista: grateful, that was.

539

01:19:25.750 --> 01:19:26.900

Marni Battista: this is great!

540

01:19:27.340 --> 01:19:32.509

Marni Battista: I would get rid of. Come, join with me. Come, join me. I'm not a fan of the call to action.

541

01:19:33.350 --> 01:19:34.150

Cristabel Brown: Okay.

542

01:19:34.890 --> 01:19:43.469

Marni Battista: I think it looks great. I so you just need to personalize it.

543

01:19:43.820 --> 01:19:47.770

Cristabel Brown: So do that. Send it back to me.

544

01:19:48.910 --> 01:19:49.680

Okay?

545

01:19:52.220 --> 01:19:56.350

Marni Battista: And then in the fathom recording of this, which will be

546

01:19:56.570 --> 01:20:05.750

Marni Battista: on the, you know, recording, you'll you can see the whole like the script like our transcript. So you literally can just copy paste what we talked about. If it feels right for you.

547

01:20:06.260 --> 01:20:07.070

Cristabel Brown: Okay?

548

01:20:09.150 --> 01:20:14.660

Marni Battista: And then once we get that, we can work on the bumble and all that.

549

01:20:15.100 --> 01:20:16.270

Cristabel Brown: Okay, perfect.

550

01:20:16.380 --> 01:20:17.750

Marni Battista: Okay, awesome.

551

01:20:18.360 --> 01:20:19.150

You

552

01:20:23.610 --> 01:20:26.620

Marni Battista: did. You all see some familiar lines in the profile.

553

01:20:28.000 --> 01:20:29.299

Marni Battista: It works.

554

01:20:30.740 --> 01:20:35.160

Marni Battista: alright love that

555

01:20:36.220 --> 01:20:56.849

Marni Battista: so great job today. Great questions keep on. So update me. Let me know how that goes, Jessica. That conversation, the dates, the follow ups. Keep taking baths. Keep showing up. Keep doing the work, and I will see you all on our next cushion. Call.

556

01:20:58.110 --> 01:20:59.240

Marni Battista: My.

557

01:20:59.470 --> 01:21:01.620

katywolf: thank you. Bye, guys.