

Living Courageously

1

00:00:23.960 --> 00:00:26.770

Marni Battista: Hi! Hi, ladies!

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00:00:28.520 --> 00:00:31.660

Marni Battista: Happy to see you! Everybody meet Brenda.

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00:00:32.340 --> 00:00:33.800

ginnie: Hi, Sandra!

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00:00:34.060 --> 00:00:35.810

Marni Battista: Hello! She's new

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00:00:37.500 --> 00:00:44.039

ginnie: super excited for the man lab, Jenny. But you have a lot of questions for me.

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00:00:44.090 --> 00:00:48.350

Marni Battista: Dating machine. Oh, yeah, right?

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00:00:48.710 --> 00:00:52.160

ginnie: At least, I got a date. Yeah, you did.

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00:00:52.260 --> 00:00:57.550

Marni Battista: Selena. Hi! Love your hat. Glad you're here. Kimberly.

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00:00:59.160 --> 00:01:04.939

Marni Battista: Alright so welcome. Jamie's here. Jamie's newish

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00:01:08.350 --> 00:01:18.759

Marni Battista: excited to talk about dating. and men always good to talk about men. I've been watching Friday night lights have many of you watch this television program

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00:01:19.420 --> 00:01:21.990

Brenda Stanton: long time ago. I need to watch it again, though.

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00:01:22.000 --> 00:01:26.740

Marni Battista: So good. Jenny hottest Guy, on Friday night lights. What do you think?

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00:01:27.510 --> 00:01:41.659

ginnie: Oh, I haven't seen it for a while. Oh, anyone, it's so old I'm so late to the party. I'm like 17 years late to the party.

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00:01:41.900 --> 00:01:44.340

Marni Battista: Yeah. Coach Taylor.

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00:01:47.810 --> 00:01:50.019

Marni Battista: my husband and I like Tim Riggins.

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00:01:51.110 --> 00:02:04.730

Marni Battista: You've ever watched it, anyway. Every sometimes anything bad happens to him. Jeremy goes. He's good looking, good looking people always get their way in the end, and I'm like, Oh, my God! That's so funny! Alright!

17

00:02:04.730 --> 00:02:30.310

Marni Battista: Well, welcome, super excited that you're here. Carolyn. I want you guys all to meet selina's here for another week or so, or maybe this is your last week. I don't know she's doing some makeup from 5 keys. And Brenda just joined this community. And Jamie has also new. And we're just excited for group to be evolving.

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00:02:30.330 --> 00:02:36.310

Marni Battista: And talk about dating and men. So for this call,

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00:02:36.460 --> 00:02:39.889

Marni Battista: we're gonna just take a minute or 2 and do some wins

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00:02:40.440 --> 00:02:44.499

Marni Battista: and then we're gonna go into questions.

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00:02:44.650 --> 00:02:49.420

Marni Battista: So who would like start Kimberly? V,

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00:02:52.150 --> 00:02:56.229

Kimberly: all I'm told more than you.

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00:02:56.920 --> 00:03:01.009

I guess my win is that II

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00:03:01.370 --> 00:03:05.219

Kimberly: have somehow manifested a group of new friends in my life.

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00:03:05.590 --> 00:03:09.809

and enjoy playing games and

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00:03:09.820 --> 00:03:12.120

Kimberly: being silly and having fun

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00:03:12.210 --> 00:03:18.189

Kimberly: which is the thing I've been really meditating on, and journaling and

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00:03:18.620 --> 00:03:24.040

Kimberly: I just I had just like such a great time at this, like gathering, throwing

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00:03:24.180 --> 00:03:25.629

Kimberly: catch it. It was like.

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00:03:25.730 --> 00:03:34.119

Kimberly: you know, just scary as anything. But I didn't wanna be the one saying, Oh, I'm not gonna throw the hatchet, even though it's side I was like.

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00:03:34.760 --> 00:03:42.299

Kimberly: but I did. And I you know it was so much fun. It was just. It was really great. It was really great to be silly and have fun, and

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00:03:43.000 --> 00:03:46.660

Kimberly: and it felt good, and then it's been a while I love it

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00:03:47.120 --> 00:03:49.150

Kimberly: alright has a win.

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00:03:49.470 --> 00:03:51.119

Marni Battista: They'd like to share

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00:03:57.190 --> 00:04:00.750

Marni Battista: all and told you. Carolyn.

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00:04:05.210 --> 00:04:10.450

Carolyn Mason: I mean. Oh, I was already muted. Okay. Well, I went on, 2 dates last week

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00:04:10.800 --> 00:04:14.860

Carolyn Mason: and 2 dates the week before. So

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00:04:14.990 --> 00:04:26.580

Marni Battista: I'm I've been dating yay, and I know that was what you wanted to do is to get get in there, get it happening awesome. Anyone that you are want to go on second dates with

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00:04:26.820 --> 00:04:41.749

Carolyn Mason: well, when was the second date? So I had a second date last weekend. He's asked me out for a third date. And I'm gonna bring that up when questions. Yeah, not sure. Okay, cool, awesome congratulations

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00:04:42.810 --> 00:04:53.229

Marni Battista: alright. And Deborah is here. She's new. Also she's she may or may not be at work. So off camera. But welcome to Debra.

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00:04:53.880 --> 00:04:56.490

Marni Battista: Hi!

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00:04:56.840 --> 00:05:01.900

Marni Battista: Alright. So any, let's do it. Let's do one more one, Jamie. What about you?

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00:05:03.740 --> 00:05:17.440

Jamie Heberlein: I think my win was I was with a group of 12 women for a tennis tournament this last weekend out of town, and I think just being my true self with them. They're all married for like 25 years

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00:05:17.530 --> 00:05:19.200

Jamie Heberlein: himself.

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00:05:19.330 --> 00:05:29.630

Jamie Heberlein: just being my true sharing my true story and without fear of their judgment. It's not that they were. That was my own projection. So yeah, I'm just being real

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00:05:29.860 --> 00:05:42.109

Marni Battista: love it awesome. That's so great. And Jamie, and just for you, as you know, Jamie and Brenda are sort of started going through the 5 keys module. So they're they're deep into

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00:05:42.160 --> 00:05:52.890

Marni Battista: who little who's and new, who's and who am I? And profiles and things like that? Alright! Anyone else want to share a win, Jenny, do you want to share a win?

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00:05:53.100 --> 00:05:58.770

ginnie: Sure, I'll share win. I would love it. So I

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00:05:59.120 --> 00:06:05.160

ginnie: I finally made a move on this guy. Yes, and so.

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00:06:05.170 --> 00:06:09.110

ginnie: he said, that you know things are really confusing for men.

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00:06:09.880 --> 00:06:13.899

ginnie: and and he was uncomfortable doing that. Not that he didn't want to do that.

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00:06:14.040 --> 00:06:43.700

Marni Battista: but it was uncomfortable doing that. So that was my win. You know, I needed to do it. That's amazing. And I think that. And I was. I can't remember who I was. Oh, Carolyn, A couple of weeks ago, or a month ago. Now maybe you and I were talking about how we kind of have to give men of the benefit of the doubt until they roll themselves out, because they also were so confused. So if they don't do something that we want like, make a move, or offer to pay or pick us up, or call us or tech. I mean, they have no idea what we want and what we don't want most of the time. We don't either

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00:06:43.700 --> 00:06:53.940

Marni Battista: know what we want. And so I think that's so great that you got that clarity. And he was interested and that he was confused. So good job.

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00:06:54.900 --> 00:07:13.059

Marni Battista: amazing! Amazing! Alright. So for this call. We're just doing QA. Which is exciting and it's helpful when you bring your question with what would be helpful for me today is because it helps you get clarity

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00:07:13.460 --> 00:07:15.459

Marni Battista: and what you need support with

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00:07:15.480 --> 00:07:30.660

Marni Battista: also reminding you that if you go too far down the rabbit hole of explaining it, I'll probably interrupt you and just cut to the chase. I'm I'm always really good at asking for details, so don't edit yourself. I mean, don't need to worry about it, because if I feel like I don't need that part, I'll just tell you

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00:07:30.780 --> 00:07:59.590

Marni Battista: and this little AI thing which is in the middle of my box, by the way, is just for you guys, when you listen to the recording, the way that it works is really easier to do. There's little chat bubbles of me talking and you talking, and the timestamps are summarized. So it's easier to find topics. You're gonna love it just really easy to use. It's better than Zoom's transcription. So that being said, Carolyn, do you wanna kick us off with your question?

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00:08:01.440 --> 00:08:14.520

Carolyn Mason: Sure. And if there's time I have. I have 2. Okay. So what would be helpful to me is your feedback on how to respond to a guy

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00:08:14.760 --> 00:08:19.809

Carolyn Mason: I haven't met yet. Okay. though he has.

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00:08:20.280 --> 00:08:26.420

Carolyn Mason: he keeps like texting. And then he emailed me something

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00:08:26.880 --> 00:08:55.709

Carolyn Mason: on Friday. And I haven't responded so just to explain he he doesn't live near me, and the only reason I considered him we match because he was in la, we're we're we're like from the same hometown. We didn't know each other. We were like in different school districts. But he said he'd move anywhere for the right person, and I'm from the Bay Area where he lives, and I go. That's remote and family. So I. We had a really great zoom date.

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00:08:56.280 --> 00:08:59.929

Carolyn Mason: and he's supposed to be coming down here, but in the meantime he'd like.

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00:09:00.400 --> 00:09:09.719

Carolyn Mason: I don't wanna like, and I don't know how to respond to him. I was, gonna say, thanks so much. I look forward to talking more about this when we meet.

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00:09:10.410 --> 00:09:18.119

Marni Battista: That's great. I would also say at this point, like. I want to apologize for not responding sooner.

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00:09:18.490 --> 00:09:32.750

Marni Battista: Okay, situation is exciting and confusing, you know, like I'm excited that we have a good connection, and also hoping you really would move for the right girl, looking forward to continuing this when you're in. La.

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00:09:33.110 --> 00:09:34.630

Carolyn Mason: yeah, okay?

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00:09:36.650 --> 00:09:57.440

Marni Battista: So I would address cause I mean, once, if any of you guys like someone a lot and you message them on Friday, and you didn't hear from them, you'd probably be like, Wow, right? Like, why, so? This is both exciting and confusing. Yeah, like, I'm really excited about, you know, I think our date went well, and

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00:09:57.440 --> 00:10:07.049

Marni Battista: there's a lot of possibility. I just am hoping that you really do mean that you would move for the right girl, and looking forward to pursuing this more, seeing you

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00:10:07.220 --> 00:10:10.470

Marni Battista: when and having our our in-person date when you're in LA.

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00:10:11.760 --> 00:10:12.770

Carolyn Mason: Hey.

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00:10:12.810 --> 00:10:36.689

Marni Battista: just be positive and flirty, but positive. And then hopefully, he doesn't like cause. Also he was calling me, and I just didn't want to invest a lot emotionally, or time wise until we meet. Right? Yes, and that's great, and that. And that's kind of what you're saying, you know. And then, when you do meet them you could just say that, like I've been dating for a while. I'm super positive I'm an optimistic person. I also know

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00:10:37.050 --> 00:10:47.339

Marni Battista: that the best practice is to not get too involved with someone until you meet, which is basically a nice way of saying I'm avoiding pseudo intimacy right?

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00:10:47.550 --> 00:10:55.329

Carolyn Mason: and so all the comfort, you know. So I'm looking forward to doing all the talking that would you wanted to do over the weekend when we meet in person.

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00:10:56.470 --> 00:11:07.469

Carolyn Mason: Great. Okay, thank you. Okay, cool. And my second question should do it now. Okay. So the guy who asked me after the third day

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00:11:08.030 --> 00:11:15.320

Carolyn Mason: I had. I've had fun with him, but I'd like him more as a friend like I don't when he like. I don't want him to touch me like I'm not

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00:11:15.520 --> 00:11:19.460

Carolyn Mason: so the as far as the 5

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00:11:20.630 --> 00:11:23.890

Carolyn Mason: the non-negotiables, I mean.

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00:11:25.380 --> 00:11:37.949

Carolyn Mason: I can certainly J, like I can take someone and kind of justify that they don't fit in to my non-negotiables. But I'm just wondering, am I supposed to just like force myself to go out.

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00:11:38.150 --> 00:11:41.680

Carolyn Mason: Eve, and just hope he doesn't try and kiss me.

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00:11:41.850 --> 00:11:51.900

Carolyn Mason: So how many what have you done on your first 2 days? So, firstly, we went out for a nice dinner. He didn't try and touch me

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00:11:52.550 --> 00:12:00.560

Carolyn Mason: Second day we went to see a movie, and then we like took a walk around afterwards.

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00:12:01.160 --> 00:12:16.599

Carolyn Mason: and he'd like, and then he's been sending me like these. Kiss emojis, which is why I'm like, oh, no. So here's what I would do. I think that sometimes chemistry comes from doing something that you both have never done

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00:12:17.540 --> 00:12:29.209

Marni Battista: right. So doing. A date that is a little bit more interactive, like going to a movie is probably the worst date ever. Not no fault of his or yours, right? Because you just don't talk.

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00:12:29.800 --> 00:12:34.619

Marni Battista: and then you go. And you kind of talk about it, or whatever

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00:12:34.850 --> 00:12:36.050

Marni Battista: So

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00:12:37.030 --> 00:12:44.490

Carolyn Mason: so he's invited me to a specific restaurant. I'm just supposed to give him the time and the day. Then I can go.

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00:12:45.280 --> 00:12:52.380

Marni Battista: Yeah. And maybe you could say, Why don't we do XY. Or Z, after like acts throwing, you know, or something.

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00:12:52.790 --> 00:13:01.430

Marni Battista: but something engaging where you can see him like not just sitting across from you, or whatever right? So you can really get to know his personality because

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00:13:01.450 --> 00:13:21.159

Marni Battista: some people are really nervous at the beginning, and I think he hasn't done anything to rule them out. The other thing that I would tell him is because he needs the manual on you, which is, you know, as they say in Love Island. You're a slow burner, right? Like you're you're you want to get to know somebody

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00:13:21.160 --> 00:13:38.720

Marni Battista: goofy dates

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00:13:38.760 --> 00:13:57.570

Marni Battista: improv. I don't know. There's usually not late. There's like a bazillion. I don't know if they still have it. Oh, my God! Totally. There was this pop up museum. It was like called Love Museum, and it really wasn't about love, but it was about dating relationships. And

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00:13:57.650 --> 00:14:14.200

Marni Battista: Someone told me to go on it with Jeremy, and then I kept referring people to go. It's super fun. It's really funny. And there's like there's little games at every station where you like. Ask these like questions. I don't know if it's still there. But it was really cool, so I would just suggest something. Fun.

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00:14:14.810 --> 00:14:17.289

Marni Battista: Okay, yeah. And more playful.

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00:14:17.960 --> 00:14:23.699

Marni Battista: Keep me posted. Good job. Alright, Ginny.

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00:14:25.480 --> 00:14:36.190

ginnie: So what would help me is the fact? Talking about you know, when I get in front of this this guy, I get tongue tied.

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00:14:37.260 --> 00:14:46.259

ginnie: Because really, when I talk to my friends. all I talk about is dating. Yeah, it's like all I do.

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00:14:46.570 --> 00:14:53.430

ginnie: So, you know, like a friend called me up this afternoon, and she said, How are you doing? What's new? I said, well, you know.

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00:14:53.700 --> 00:15:03.410

ginnie: nothing's due. It's all. It's not that it's not new, but it's always the same subject. and I don't think that's the subject I want to be talking to him about.

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00:15:03.550 --> 00:15:18.890

Marni Battista: Okay, so I can't remember where it's posted. But I will google it and put it in the chat. There is this, Thi New York Times. I think it's New York Times. 36 questions.

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00:15:19.270 --> 00:15:26.790

Marni Battista: And okay, there, like, I've had so many clients have such good

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00:15:26.980 --> 00:15:40.189

Marni Battista: good results with that. They're like on the day they're they're like to. Are you up for a little game? Are you up for a little challenge? And most guys will say, Yes, and then you

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00:15:40.270 --> 00:15:43.690

Marni Battista: you say, okay, I have. Like, I have these questions. I'll go first.

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00:15:45.950 --> 00:15:56.600

ginnie: So do I have a list that I carry around with me. No, just pull it up on your phone. Oh, on my phone, of course. Okay.

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00:15:59.840 --> 00:16:07.269

ginnie: alright. And then so another one is when I

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00:16:07.420 --> 00:16:09.270

ginnie: you know, when I'm on match.

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00:16:09.500 --> 00:16:13.400

ginnie: like, what I'm doing now is I'm not doing the, you know.

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00:16:13.470 --> 00:16:23.129

ginnie: Are you busy? Do you want to hop on the phone thing, cause that that just really didn't work for me. So I'm reading profiles and writing, you know. Okay.

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00:16:23.210 --> 00:16:30.919

ginnie: comments or asking questions. And what do I do? I get them to to go look at me.

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00:16:31.120 --> 00:16:37.810

ginnie: but I'm not getting them to respond to me. Are you asking a question. I'm asking a question

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00:16:38.060 --> 00:16:41.950

Marni Battista: and are, how long is your message? Your little profile thing.

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00:16:42.790 --> 00:16:55.729

ginnie: my profile, or the thing I ask the thing you ask. I mean, you're like, a sentence or 2 like, it's a sentence about what I noticed in their profile. And then there's a question about it.

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00:16:57.280 --> 00:16:59.480

Marni Battista: Okay? And they're not writing you.

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00:16:59.720 --> 00:17:05.110

ginnie: No, and they're not writing to me. Do I write back to them when they're in the look

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00:17:05.420 --> 00:17:18.010

Marni Battista: you can? I mean, there is really like no wrong way. So if they're engaged, if they look to you if they liked you, you can write back with them right back to them. They haven't liked me. They've just looked at me. Okay, so you can write them.

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00:17:19.500 --> 00:17:23.460

ginnie: But at that point, what do I say? You know? Hello! Are you there

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00:17:23.780 --> 00:17:25.010

Marni Battista: you could.

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00:17:25.030 --> 00:17:31.059

ginnie: You can say whatever you wanna lower you're there. I caught you. I caught you looking

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00:17:32.190 --> 00:17:36.850

Marni Battista: looking to he you know, want to know a secret.

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00:17:38.980 --> 00:17:44.560

Marni Battista: and then the secret can be like the fastest way to my heart is through the phone. You want to talk.

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00:17:44.820 --> 00:17:47.350

ginnie: okay.

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00:17:47.570 --> 00:17:49.590

Marni Battista: just, you know, have fun with it.

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00:17:49.910 --> 00:17:57.029

ginnie: Yeah, I just don't come up with those things. I know, but you're not with me all the time.

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00:17:57.550 --> 00:18:01.590

Marni Battista: Well, you should, you should. I recommend

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00:18:01.670 --> 00:18:03.470

Marni Battista: having a little journal

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00:18:03.490 --> 00:18:07.750

Marni Battista: of Marnisms like a little book, and then all these calls

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00:18:07.850 --> 00:18:09.850

Marni Battista: you write them all down.

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00:18:10.940 --> 00:18:20.179

ginnie: Well, where are they? I mean, I go through all these calls, and I write down your Marnie Isms. Yeah, that's what I'm saying. Like, keep a list in your journal of like Marni isms.

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00:18:20.250 --> 00:18:22.400

Marni Battista: and then just write them down

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00:18:22.930 --> 00:18:31.610

ginnie: like I gave would just one to Carolyn just now, when you listen to the recording you go through. And this new way is really great, because it's like a little

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00:18:31.800 --> 00:18:43.819

Marni Battista: chat, bubble and and then you could just either on a computer, or on your phone, or on a notebook, or whatever you do, and then just copy them down. And then you're like.

131

00:18:44.280 --> 00:18:54.439

Marni Battista: oh, I didn't call back a guy for 3 days because I was in my shit. What do I say? Oh, yeah, she told Carolyn. That really great thing. I'm gonna use that

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00:18:55.480 --> 00:19:00.989

Marni Battista: So you can, even if you have extra time, go back to other calls and just start writing them down.

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00:19:02.450 --> 00:19:09.550

Marni Battista: One day. I'll write the book with all of them in there. But that book doesn't exist just yet. Yeah.

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00:19:09.820 --> 00:19:10.930

Marni Battista: next time

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00:19:11.930 --> 00:19:15.940

ginnie: is anybody else asking questions? I can keep going.

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00:19:16.590 --> 00:19:18.269

Marni Battista: Does anyone else have a question?

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00:19:19.860 --> 00:19:24.550

Deborah Stelly: I do. But I don't mind waiting a little bit.

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00:19:26.040 --> 00:19:29.409

Marni Battista: Here's the 36 questions. I think it looks really

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00:19:29.520 --> 00:19:33.680

Marni Battista: long and weird. But I think I put it in the chat. Okay, go ahead.

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00:19:38.270 --> 00:19:48.590

Deborah Stelly: So hey, ladies? And I was with Mari couple years ago and met some really great people. I

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00:19:49.140 --> 00:19:57.069

Deborah Stelly: rejoin, because I'm ready to date again, and I've had a fascination with a Co. Worker all year.

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00:19:58.030 --> 00:20:07.659

Deborah Stelly: and he left for Iceland today for a 2 week vacation, and I'm just so excited for him. We've talked. We talk weekly, actually, because we're in leadership together.

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00:20:08.200 --> 00:20:25.789

Deborah Stelly: And I'm not exactly sure how to transition like we talk, we'll talk about work, and then eventually it'll be like, so what are you doing tonight? What's going on this weekend? But it's like, how do you transition the conversation from work to personal?

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00:20:25.870 --> 00:20:40.260

Deborah Stelly: I have never in my life considered dating a coworker. and I work for a company. Now where we're pretty independent. We actually have a lot of of husbands and wives or partners work together.

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00:20:40.400 --> 00:20:43.209

Deborah Stelly: So it's it is a really cool possibility.

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00:20:43.240 --> 00:20:45.829

And so my question is like.

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00:20:46.090 --> 00:20:56.809

Deborah Stelly: Ha! What would be helpful for me today is really like. what are some things that I should look for? That even shows that he's interested in making that transition.

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00:20:57.070 --> 00:21:21.110

Marni Battista: I love that well, first of all, I always have to ask cause I've been doing this long time he is not married. Correct. He is single. He is single. Yes, you never know in this biz. Okay,

cool. So I think I'm all about being direct. So he's flirty with you, obviously little flirty. Yeah, okay, so I think the thing you do is

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00:21:21.500 --> 00:21:32.839

Marni Battista: And do you ever talk to him. Sort of like off campus, like like, at events, or have lunch or that are like non working hours. Or do you only see him?

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00:21:33.450 --> 00:21:40.799

Deborah Stelly: No, we. We haven't really yet gotten to that phase, because I think we're both. So we're both a little skittish

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00:21:40.820 --> 00:21:48.779

Deborah Stelly: to see what's going on. There was a a moment this summer that he was seeing someone else.

152

00:21:49.020 --> 00:22:02.209

Deborah Stelly: and one of the celebrations that I didn't share earlier because I was getting out the car. I made. Marnie knows I was in Utah last week, and I was working remotely and playing

153

00:22:02.300 --> 00:22:14.770

Deborah Stelly: by hiking and stuff like that, and when I got back I asked 4 or 5 people to become like my travel buddies. and we've made some lists of places we would want to go, and he was one of the asks.

154

00:22:14.850 --> 00:22:26.279

Deborah Stelly: and so when I asked him, I said, You know, making up a list of just a few people that I'd like to travel with could be work slash, you know. Play.

155

00:22:26.430 --> 00:22:38.890

Deborah Stelly: Would you like to be someone on that list that we could travel, you know, as friends and enjoy the world around us, and he was like, absolutely add me to the list. I'm excited. I'd be excited to do that. So

156

00:22:38.990 --> 00:22:44.999

Deborah Stelly: that was a huge celebration cause. I had a lot of anxiety about asking them.

157

00:22:45.050 --> 00:22:47.990

Marni Battista: So here you don't, Deborah. Here's what I would do.

158

00:22:48.200 --> 00:22:58.229

Marni Battista: I the reason I was asking, Do you find? You know? Do you have time with him outside of work? So I was trying to cultivate or curate like the right time? But if there is only time during work

159

00:22:58.520 --> 00:23:11.650

Marni Battista: I would just say something like, Jen, write this down. I would just say something like you know, like we have such a great working relationship. And

160

00:23:11.660 --> 00:23:22.229

Marni Battista: and you know, I enjoy being leadership with you, and I love bouncing id, you know, whatever it is right. And also when we were talking about traveling.

161

00:23:22.290 --> 00:23:26.650

Marni Battista: it just really became clear to me that

162

00:23:27.420 --> 00:23:31.469

Marni Battista: maybe we could be friends, and even maybe something else.

163

00:23:31.520 --> 00:23:37.929

Marni Battista: and I have no idea where you are on that spectrum. But whatever it is.

164

00:23:38.370 --> 00:23:51.029

Marni Battista: I think I would just like to say I'd like to be more than just colleagues, and I put it out there with the travel thing. And so, whether we're friends or maybe it's something else, I just really enjoy being with you. Rejoice many time with you. You add a lot of value to my life.

165

00:23:51.500 --> 00:24:00.929

Marni Battista: Yeah. And that way you're like kind of saying it without being like, I'm looking for a relationship. What about you? And because he did

166

00:24:01.200 --> 00:24:11.830

Marni Battista: make a friend a clear friend outside the workbox overture. You're it's almost like you're saying, I just want to make sure I didn't read that wrong like

167

00:24:11.980 --> 00:24:14.899

Marni Battista: he wanted more with you. Do you know what I mean?

168

00:24:15.120 --> 00:24:28.029

Marni Battista: Yeah. So that way. It's it's you you're just making it like, let's just call it, you know, so that we and it both agree that we we're we want to be friends at minimum.

169

00:24:28.300 --> 00:24:46.089

Deborah Stelly: Yeah, no. And that's been the wonderful thing about this year's we've actually gone through some really emotional things like, I went through Ivf earlier this year, and unfortunately, or fortunately, he happened to be the the guy or the person I was talking to when I found out that my embryos were bad.

170

00:24:46.090 --> 00:25:04.810

Deborah Stelly: I could do it again, of course. But he was just like, you're kind of off today. What's going on? And I was like, do you really want to know what's going on? Cause this could take some time? And he just said Yes, and we talked for an hour and a half about it, and he's 47. I'm 43.

171

00:25:04.960 --> 00:25:15.920

Marni Battista: And so neither one of us have kids, and neither one of us have been married. And it's just that's your homework.

172

00:25:16.580 --> 00:25:34.940

Marni Battista: Well, he's in Iceland for 2 weeks, so we'll check back in in October. Exactly so. But but you know, make sure you Re, listen to this, write it down. You know what I mean, and that's kind of gonna be your first order of business, because he might be like, Oh, my gosh! I thought, you know, I didn't want to overstep, or he might be like, Oh.

173

00:25:34.940 --> 00:25:51.640

Marni Battista: cool! We're friends. Yeah, that's great. And now then, you know, and that way you can either clear your palate, you know, and get working on some of the modules, and and

you know, go that direction. Or maybe he's like your person, you know you could date him. We don't know but it's time to ask.

174

00:25:52.130 --> 00:25:57.250

Marni Battista: Oh, I know, I know those words feel okay for you.

175

00:25:57.400 --> 00:26:07.410

Deborah Stelly: They do. It seems very natural. I was kind of thinking down the same road as well. It's just where's the opportunity. And it's not a conversation that I necessarily wanna have by phone.

176

00:26:07.670 --> 00:26:11.950

Deborah Stelly: Nor do I want to have it. I could have it by zoom

177

00:26:12.010 --> 00:26:25.119

Deborah Stelly: But we don't control our zoom calls. So we used to have once a month. Just one on one. Leadership calls with each person in the group. I might ask him for that when he gets back.

178

00:26:25.170 --> 00:26:49.439

Marni Battista: I mean, you have the conversation about Ivf. So like there are time? He asked you. It wasn't like whatever the perfect time but you connected. So I would just focus on that and not be so worried about that perfect setting because, you had an great, perfect, beautiful conversation that was unplanned. Right? So if you have your words planned, and then just trust.

179

00:26:50.140 --> 00:26:55.520

Marni Battista: just do it. But if you always wait for, like the perfect thing, then those conversations get delayed.

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00:26:55.680 --> 00:26:57.550

Deborah Stelly: Yeah, no, I get it.

181

00:26:57.930 --> 00:27:02.070

Marni Battista: Okay, cool, awesome. I'm glad you're here. Meet you

182

00:27:04.240 --> 00:27:06.630

Marni Battista: all right. Who else has a question.

183

00:27:09.210 --> 00:27:11.249

Marni Battista: Laura. What happened with your date.

184

00:27:11.540 --> 00:27:14.159

Marni Battista: I've been wanting to to message you

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00:27:15.770 --> 00:27:25.620

Laura Wallace: last Sunday, or whatever. Yeah. it was really nice. in that

186

00:27:25.810 --> 00:27:32.890

Laura Wallace: you know. He drove up. It was from San Juan Castrano, so it was an hour, 15 min.

187

00:27:33.000 --> 00:27:37.110

Laura Wallace: He treated me. We had a great chat.

188

00:27:37.170 --> 00:27:45.209

Laura Wallace: you know. I don't think we hit it off on more than that.

189

00:27:45.250 --> 00:27:51.330

Laura Wallace: One thing that struck me was his wife had passed away a year and a half ago.

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00:27:51.650 --> 00:27:59.369

Laura Wallace: and he like constantly mentioned her, and we and all that, and I

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00:27:59.430 --> 00:28:13.300

Laura Wallace: I understand that. But it wasn't that it was. It was also felt he was sort of and secure, and so I can't explain it. But

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00:28:13.320 --> 00:28:22.730

Laura Wallace: actually what what bothered me. It's not it's it's something I thought about bringing up to you.

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00:28:22.880 --> 00:28:34.140

Laura Wallace: but it's one of those morningisms I think I'll need is I remember when you and I spoke, and I told you a guy the week before

194

00:28:34.550 --> 00:28:38.490

Laura Wallace: had asked me, you know, and knew my marriage had ended at a

195

00:28:38.780 --> 00:29:03.240

Laura Wallace: you know, in 80 86, or whatever and and he said to me, So can you? Can you quickly summarize the last 35 years of your dating life? And he said, no, and I said, absolutely not. And I think I might have added

196

00:29:03.640 --> 00:29:07.200

Laura Wallace: something about that. I can tell you about a recent

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00:29:07.260 --> 00:29:20.889

Laura Wallace: relationship or I was sort of discussing all this with my daughter, and she pointed out, in the last few years I've actually had 3 right, but there is a huge gap between

198

00:29:21.010 --> 00:29:24.220

Laura Wallace: getting divorced. And when those started

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00:29:24.330 --> 00:29:32.110

Laura Wallace: and the you know the answer, the reasons are, it's, you know, it's kind of complex, and that it's partly

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00:29:32.400 --> 00:29:35.549

Laura Wallace: working full time

201

00:29:35.590 --> 00:29:58.840

Laura Wallace: raising a child by myself, going to school for 5 years at night. But also, you know the trauma that I went through for 5 years and recovering and like how so? I mean, there is

maybe a 20 year gapper, or whatever. How do? How do? What do I have to? What do you say you say?

202

00:29:58.840 --> 00:30:07.669

Marni Battista: I got divorced. I put all my energy into raising my amazing daughter, which totally paid off. She's amazing.

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00:30:07.820 --> 00:30:18.770

Marni Battista: I studied French. I traveled abroad. I had this amazing career at the International Bank as a writer, and I'm ready

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00:30:19.520 --> 00:30:26.049

Marni Battista: to to totally have the next chapter with my amazing guy, like, you know, I was living my best life.

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00:30:26.480 --> 00:30:29.999

Laura Wallace: Yeah, cause he. you know, he.

206

00:30:30.190 --> 00:30:50.100

Laura Wallace: he quickly said. You know I said something. Well, you know I it was a lot of things going on and work, daughter, everything, and not meeting the right person, and so then pursued it and said, well, he's asking, because he knows since his wife died when he misses

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00:30:50.360 --> 00:30:52.630

Laura Wallace: is

208

00:30:53.000 --> 00:31:07.100

Laura Wallace: you know, walking hand in hand with somebody cuddling up and watching TV. Going to bed. you know, with her with somebody and waking up. You know it's like.

209

00:31:07.380 --> 00:31:24.479

Marni Battista: what's what's wrong with you, lady. Don't, don't you? Having the thing is, and this is for all of you, cause I've been asked this questions 100 times, but people in their thirties and seventies. So it's no age is that you don't have to defend yourself. You're not on trial.

210

00:31:24.950 --> 00:31:34.910

Marni Battista: it is what it is. And so sometimes we interpret those questions as attacks, and we feel defensive, like we have to defend

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00:31:34.910 --> 00:31:58.000

Marni Battista: because we have shame about it, or we have insecurity or or guilt, or whatever it is right. I always am. Invite everyone to think about that, because he may have been in douche bag and been like what if even knowing for the last, or he just might have asked. And you're like, Oh, God, why is yeah, I have to explain. 25 years. It was

212

00:31:58.080 --> 00:32:12.259

Laura Wallace: sorry it it was. It was 2 guys in a week, you know, asking that. And I understand. I do see. It's the most obvious question. And you know, I know, like a friend of mine.

213

00:32:12.740 --> 00:32:40.280

Laura Wallace: She lived with the guy for 35 years, and they just I mean, it's it's like there are a lot of reasons to. If not, but she didn't get married. She was in England because getting married, she would have taken on his debt if he passed away. I mean, there are lots of reason. So the thing is that I think it's natural for people to ask that, you know. Ask that to if someone is that you're not on trial, not have to put up a defense

214

00:32:40.280 --> 00:33:03.040

Marni Battista: that you explain it in some way. That is true to you. That is like, I've been doing a lot, you know, like, I've been raising my kids, I built an amazing career. I have an amazing psychotherapy practice and travel with friends, and you know whatever it is. And now I'm ready, and then that's it. Change the direction. When you said it that way, I said to him.

215

00:33:03.270 --> 00:33:22.889

Laura Wallace: you know I totally understand how you feel, I already said, and he'll be somewhere and see people hand in hand and think, why isn't he? I mean, I know he's dealing with the loss of a wife. And and I said to him, you know I understand. You feel, because.

216

00:33:23.210 --> 00:33:34.989

Laura Wallace: finding somebody to be able to have that sharing is the most important thing for me in my life right now. And I really miss that. I haven't had it. But I

217

00:33:35.290 --> 00:33:36.660

Laura Wallace: yeah, I just

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00:33:37.520 --> 00:33:55.209

Marni Battista: well, here's the thing. Laura. Don't make up a story that he's not over his wife, or whatever, because this is the you know the man, the man's problem. It kind of speaks to what Jen was saying earlier, like, we want to be emotionally available and sensitive share.

219

00:33:55.210 --> 00:34:09.210

Marni Battista: And then the guys like, Oh, I'm so sad I like, and I'm paraphrasing and oversimplify. But like, Oh, I'm so sad about my wife. And then you're gonna be like, and I mean you globally like Oh, God, he's not over his wife!

220

00:34:09.540 --> 00:34:31.579

Marni Battista: She had the same thing like anytime. Any guy would say. Oh, my mother is sick, or oh, I have to go take care of my granddaughter. She'd be like they're too busy, so they're a mess with their mother. No, no what I what I did, Marty, which may have turned him off, but I didn't care which. I did tell him what it happened.

221

00:34:31.840 --> 00:34:37.049

Laura Wallace: and I know we'd agreed. I wouldn't say that to the second or third date, but I kind of

222

00:34:37.310 --> 00:34:52.420

Laura Wallace: I don't know. I had already felt like I didn't care, and maybe that was a defensive. Well, I'm sorry, actually a damn good reason why I wasn't in a relationship. And but I heard myself talking about it. And I realized

223

00:34:52.710 --> 00:34:57.989

Laura Wallace: more than ever that that's really a second or third or fourth date thing that that's

224

00:34:58.830 --> 00:35:17.140

Marni Battista: I'm not in any way ill now. It's so, it's it's not a relevant a bit. But also he had been very open and told me about his cancer, and that he's been a deep combo before you did. I don't know. I would go out again. Okay, because I wouldn't roll him out.

225

00:35:18.170 --> 00:35:33.449

Laura Wallace: Yeah. So that's the summary. So that that said, I've I've been my brain has been working overtime on coming up with new ideas about things to do, always

226

00:35:33.580 --> 00:35:39.049

Laura Wallace: to meet people. And also, I decided that I really didn't like Bumble.

227

00:35:39.400 --> 00:35:55.679

Laura Wallace: For some reason it's just not been working. I know these are SI supply demand. What? Who's on at the moment, whatever. I'll stand match but I did come up with 2 or 3 other sites that I might try. I'm just sort of resetting

228

00:35:55.780 --> 00:35:58.190

Marni Battista: awesome. That's great. I love it.

229

00:35:58.740 --> 00:36:09.990

Laura Wallace: And that's why I didn't send you a message about. I literally felt like I was like looking. I'm like, why didn't Laura text me? No, no, no! And then I was working at.

230

00:36:10.020 --> 00:36:20.479

Laura Wallace: Do I tell you about that question I keep asking? Do I get asked? Do I say it on a call, or I just do. I come up with my own Laura. Ism.

231

00:36:20.520 --> 00:36:36.060

Marni Battista: Yeah, come on.

232

00:36:36.060 --> 00:36:51.289

Laura Wallace: But II kind of came up with a lure. It wasn't quite as good, of course, as your morning isn't so II will adjust mine. Now.

233

00:36:51.540 --> 00:37:02.770

Marni Battista: Alright, Christina, what's your question? Good to see you or hear you, anyway.

234

00:37:03.070 --> 00:37:05.750

Cristina Castagnini: okay, what I need help with.

235

00:37:06.950 --> 00:37:14.640

Cristina Castagnini: I'm trying to figure out if I'm in the if it's me. If I'm in the right hand space to date. Or if I'm just not connecting with like

236

00:37:14.800 --> 00:37:18.110

Cristina Castagnini: these guys I'm going out with, it's just there's no.

237

00:37:18.240 --> 00:37:19.360

there's nothing

238

00:37:19.450 --> 00:37:24.510

Cristina Castagnini: it's and I'm getting. I don't want to get discouraged, but I'm really trying to figure out if, like, I'm

239

00:37:24.570 --> 00:37:27.170

not in the right head space, or if it's just

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00:37:27.930 --> 00:37:34.479

Marni Battista: I don't know. Well, so the answer is in your question, as always,

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00:37:34.740 --> 00:37:35.890

Marni Battista: and

242

00:37:36.180 --> 00:37:39.140

Marni Battista: this is this is

243

00:37:39.780 --> 00:37:49.369

Marni Battista: natural right? And this process, I know, like a couple of months ago, Kimberly was asking me. Jen was asking me. You know it's just kind of part of the process. So

244

00:37:49.840 --> 00:38:02.089

Marni Battista: number one is that when, when you're sort of asking the question, could it be me right? there's something inside of you that feels like not align. And so you're recognizing that

245

00:38:02.580 --> 00:38:04.010

Marni Battista: which is

246

00:38:05.950 --> 00:38:12.730

Marni Battista: which is part of that awareness that yeah, something is stuck.

247

00:38:12.740 --> 00:38:23.900

Marni Battista: you're not creating connection. And when you said, I don't want to get discouraged. That's like the big sign for me that

248

00:38:24.350 --> 00:38:26.990

Marni Battista: the only way you get discouraged

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00:38:27.140 --> 00:38:36.360

Marni Battista: and you will get discouraged along the way but the only way you get like discouraged to the point of giving up or being really frustrated or angry is when

250

00:38:36.450 --> 00:38:41.759

Marni Battista: 2 things you're attached to an outcome, and a certain timeline you have is expectation.

251

00:38:42.710 --> 00:39:01.009

Marni Battista: You're going into dates kind of with the unconscious like this is. you know, I want this to be it. This isn't fun. This is a waste of my time. I hope it works out this. Better be better than the next. You know the last one, you know all those kind of things we say to ourselves,

252

00:39:01.490 --> 00:39:06.500

Marni Battista: And so when you're in that space of attachment.

253

00:39:06.670 --> 00:39:09.689

Marni Battista: or you have these expectations.

254

00:39:09.810 --> 00:39:10.960

Marni Battista: then

255

00:39:11.630 --> 00:39:24.609

Marni Battista: we're over the experience rather than just sort of being like, I'm dating a lot of guys. I'm not feeling connected. What is it that I need to learn. What's this here to show me?

256

00:39:25.310 --> 00:39:28.800

Marni Battista: And how do I get through that? Does that make sense?

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00:39:29.940 --> 00:39:31.260

Yeah, actually.

258

00:39:32.160 --> 00:39:33.540

Cristina Castagnini: that helps.

259

00:39:38.600 --> 00:39:42.750

Cristina Castagnini: Yes, I have to be honest with myself if I've been asking if there's a

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00:39:42.790 --> 00:39:43.810

kathy: Okay.

261

00:39:48.070 --> 00:39:50.289

if there's an expectation, I'm having

262

00:39:52.490 --> 00:39:53.680

our outcome.

263

00:39:54.290 --> 00:40:02.050

Marni Battista: Yeah, well, and it's it makes sense right? And I was just writing about this like, it's really hard to have a goal

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00:40:02.360 --> 00:40:06.800

Marni Battista: and be working toward it and then not get disappointed when it doesn't happen in our timeline

265

00:40:08.300 --> 00:40:21.549

Marni Battista: like that would be a normal. So you're human, right? So there's that old saying, pain is inevitable suffering is optional.

266

00:40:24.040 --> 00:40:30.509

Marni Battista: right? So we might feel disappointment, and we might feel frustrated. What I'd love for you to do is to look at

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00:40:30.930 --> 00:40:44.220

Marni Battista: if I were in complete freedom, and in my CI. We have like these principles that we talk about like freedom is not needing to be free of anything. Right? Freedom is emotional freedom. It's external freedom.

268

00:40:44.320 --> 00:40:51.280

Marni Battista: So I went into where I have total faith. I trust the process. I have radical faith.

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00:40:52.380 --> 00:41:00.560

Marni Battista: And I'm gonna have a mastery orientation meaning I'm gonna break the process down into little goals that I can win because they're in my control.

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00:41:01.060 --> 00:41:22.969

Marni Battista: And and I enjoy the process because there's some core value that's aligned like I'm learning and growing. I'm connecting. I'm meeting new people, Jamie was saying. She was out all weekend and was talking to different guys, and she was like in the end, whether they were my guy or they were not. I was enjoying like getting to know them and finding out about them. And the process sometimes that's easier than others. So

271

00:41:23.740 --> 00:41:32.650

Marni Battista: what would it look like for you? To what's the belief, or what is it that you need to leave to change or shift, so that you start to really

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00:41:33.750 --> 00:41:35.659

Marni Battista: bring more joy to the process.

273

00:41:40.930 --> 00:41:42.280

Cristina Castagnini: You can see.

274

00:41:44.560 --> 00:41:49.020

Cristina Castagnini: well.

275

00:41:52.030 --> 00:41:53.800

Cristina Castagnini: that's a good question.

276

00:41:54.790 --> 00:42:00.569

Cristina Castagnini: Well, by your facial reactions. I would say you are far away from joy.

277

00:42:01.130 --> 00:42:03.799

Cristina Castagnini: You know what it is, Marty is. I feel like

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00:42:03.900 --> 00:42:08.209

Cristina Castagnini: maybe it's the app thing I don't know, but it's it's like a lot of the

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00:42:08.740 --> 00:42:13.960

Cristina Castagnini: same kind of initial questions over and over. And I feel like. like.

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00:42:14.530 --> 00:42:17.459

Cristina Castagnini: that's a lot of energy. And then

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00:42:17.790 --> 00:42:32.030

Marni Battista: a lot of energy into people that it doesn't go anywhere. So maybe that's what it is. It's like. So here's what I would do. I'm tired of just like that. I would. I would take a couple of break breaks a couple of weeks, break like a dating fast.

282

00:42:32.320 --> 00:42:50.229

Marni Battista: like intentionally like I think I'd recommended this to Kimberly, and then I would pull out the comp process. And I would just start focusing on you. So double, you need to clean energetic clearing. There is a energy healing tool that we just put in the classroom

283

00:42:50.390 --> 00:42:54.929

Marni Battista: around getting stuck energy out of your body.

284

00:42:55.170 --> 00:42:58.759

Marni Battista: So all that like residual.

285

00:42:58.820 --> 00:43:00.590

Marni Battista: you know.

286

00:43:00.860 --> 00:43:09.299

Marni Battista: like on an electric toothbrush. You gotta take the lid off and clean clean all those bits right? And so I would recommend doing that

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00:43:09.760 --> 00:43:21.810

Marni Battista: it's it's searches like stuck stuck energy. And then I would get focused back on that comp process because we need to find the joy you need to figure, you know. Come back to yourself.

288

00:43:22.040 --> 00:43:43.719

Marni Battista: and then in a couple of weeks we can revisit it. And then how can you also bring freshness and playfulness to all those conversations right instead of like. How long have you been on here? Blah blah blah, you know, like start actually bringing yourself and being playful and having fun with it, and not taking it personally.

289

00:43:45.170 --> 00:43:50.129

Marni Battista: flirting with these guys, and like being bold and not wasting your time and

290

00:43:50.790 --> 00:44:00.149

Marni Battista: you know, going through the process. If there's people that are like talking to you for like 3 weeks, and they're not asking you out like, don't put up with that

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00:44:00.850 --> 00:44:07.229

Cristina Castagnini: right? So where are you all do that? I won't do that. I mean, usually it's like the

292

00:44:07.470 --> 00:44:20.130

Marni Battista: adding. And then I get on the phone and put video. It's like, very quick, I don't good. Yeah. So break down the parts where you feel like there's that stunt mess.

293

00:44:20.370 --> 00:44:29.589

Marni Battista: And then we can talk about. How can you change it up? How can you do it differently? What else could you say? Do you need to get on another site like Laura's doing like

294

00:44:29.640 --> 00:44:58.829

Marni Battista: but I think the big answer is, you know, that you're sort of having some stuckness you need to like re-center re anchor. You need to find your own joy, you need to take a break and reset the slower you go, the faster you get there. So, rather than trying to slog it out, you know, and push through. Just take 2 to 3 weeks off and do really double down on you and I. If you do that you will feel very different in a couple of weeks.

295

00:45:00.590 --> 00:45:07.260

Cristina Castagnini: Okay, yeah. Cause I was just like, Gosh, is it me? Am I still not over my ex I got. I hope so. It's been 3 months, but like.

296

00:45:07.570 --> 00:45:29.910

Marni Battista: go in there and do that Karma clearing, you know, or do the wrecking ball. So it's like this is where you use the tools. And you want to go, like, you know, really just clear out the ships last, however, months of like being frustrated and handle it. Maybe it is your ex. Maybe it's a little burnout. Maybe it's this, maybe it's that, and then you move on.

297

00:45:32.790 --> 00:45:34.030

Marni Battista: You got this.

298

00:45:36.350 --> 00:45:40.350

Cristina Castagnini: Alright. Okay, good. We'll be checking back in with you.

299

00:45:41.340 --> 00:45:51.049

Cristina Castagnini: Okay? And I'm glad I could make it today. It's been, I'm sorry it's so hard. During the middle of the week. Yeah, no, no problem. I'm trying. I'm trying. You're doing great.

300

00:45:52.960 --> 00:45:55.809

Marni Battista: all right.

301

00:45:57.180 --> 00:45:58.320

Marni Battista: Who else.

302

00:46:08.740 --> 00:46:10.000

Marni Battista: Jamie?

303

00:46:10.940 --> 00:46:19.980

Jamie Heberlein: I don't know if I get to ask this yet. I haven't finished the keys you can ask away. You don't have to finish anything to ask. so

304

00:46:20.000 --> 00:46:27.650

Jamie Heberlein: Oh, wait! Am I here. It's telling me something I didn't get to tell you. This part for me from the weekend is that when I was out

305

00:46:27.790 --> 00:46:34.020

Jamie Heberlein: I was bebopping around and dancing, having a grand old time, and there was one guy sitting with

306

00:46:34.220 --> 00:46:50.110

Jamie Heberlein: the majority of my girlfriends at the table, and towards the end of the night we're ready to leave. Oh, yeah, supposed to say, what are you? This is what I think I need help with, please that, they. So we're kinda getting leave, and they're like Jamie, Jamie, do we need to come here? Come here, come here.

307

00:46:50.240 --> 00:46:53.850

Jamie Heberlein: So we're like this is Brett and Da Da, and he sold this and this and this

308

00:46:54.010 --> 00:46:56.190

Jamie Heberlein: like you to need to exchange numbers.

309

00:46:56.280 --> 00:47:13.800

Jamie Heberlein: And I was like, Oh, Hi! Bret! Like I'm Jamie, and we talk for like 5 to 7 min. I didn't have my phone gave him my number. We text a little bit yesterday morning like he's golfing. How is tennis? Blah? Blah blah! He lives in Denver. I'm in Portland.

310

00:47:14.150 --> 00:47:16.650

Jamie Heberlein: so what I need help with is that

311

00:47:17.990 --> 00:47:25.520

Jamie Heberlein: it's been like, oh, how is golf? Oh, great! How is tennis. Oh, it's great! Oh, it's a beautiful day. Drive home safely. Okay, thanks. Have a great day golfing.

312

00:47:25.880 --> 00:47:46.469

Marni Battista: So I would say, because you're off the dating Fab. I mean, you're you're off the dating fast now, right? Okay. Great so so I would say it was so fun meeting you. like elephant in the room you live in Denver. I live in Portland.

313

00:47:46.470 --> 00:47:57.530

Marni Battista: and like, are we act? I think we should probably have a conversation like, do we actually wanna like try to get to know each other? Is this like gonna possibly be a long distance possibility, like.

314

00:47:57.990 --> 00:48:07.619

Marni Battista: you know, we're both grown up enough to know that we don't need like text pals. So I'm interest. I mean, I'm open to it. But I just really want to know where you stand.

315

00:48:07.640 --> 00:48:16.870

Jamie Heberlein: Yeah, okay. So that's my question is is saying that that's not too like masculine, that I know do the initiative cause. I'm like.

316

00:48:16.940 --> 00:48:19.079

Marni Battista: no, because the thing is like.

317

00:48:19.540 --> 00:48:46.059

Marni Battista: no, you just wanna know. Look, it's 20, almost 2024. You know, it's like time is short, and we can say what we need to say. And if he says, Yeah, no, I totally would be interested in one distance, and you'd be like great. And then he obviously needs to make the plan ask you out. But at this stage you're just sort of like, are we looking for the same thing? And you don't need to like monkey around, or whatever

318

00:48:46.060 --> 00:48:54.699

Jamie Heberlein: to to figure that out. Just ask, yeah, okay, that's what I was hoping. Yeah, no, that's great. I love it. So keep me posted.

319

00:48:55.680 --> 00:48:57.590

Marni Battista: Kimberly.

320

00:48:59.600 --> 00:49:02.020

Kimberly: Hello! Hi.

321

00:49:02.720 --> 00:49:04.709

hi! So I had

322

00:49:05.230 --> 00:49:11.160

Kimberly: this awareness about a month ago. I was basically doing a pain gain model

323

00:49:11.320 --> 00:49:18.790

Kimberly: on relationships, my past, my history, right? I consistently

324

00:49:19.090 --> 00:49:19.900

Kimberly: a

325

00:49:20.120 --> 00:49:24.329

Kimberly: been in relationships that were not healthy. And so

326

00:49:24.550 --> 00:49:26.309

Kimberly: and you know that. And so

327

00:49:27.780 --> 00:49:33.430

Kimberly: I went through this whole, you know all the lists and everything like that, and I don't know I'm asking you.

328

00:49:33.750 --> 00:49:36.679

could this be a thing? Because all of a sudden it hit me

329

00:49:36.750 --> 00:49:44.389

Kimberly: so I have an underlying belief that men are not good. Right? My dad checked out when I was 15.

330

00:49:44.750 --> 00:49:49.980

Kimberly: Could it be that I

331

00:49:50.110 --> 00:50:01.020

Kimberly: see the pink flags. See the red flags. because I have this underlying belief that men are not good. Continue on in the relationships

332

00:50:01.200 --> 00:50:02.989

Kimberly: because I get to be right.

333

00:50:04.180 --> 00:50:05.309

Kimberly: They're not good.

334

00:50:05.520 --> 00:50:11.950

Marni Battista: Yeah. I mean, that's totally fair. Right? Like, yeah, we're collecting evidence of your limiting belief.

335

00:50:12.310 --> 00:50:13.140

Kimberly: Yeah.

336

00:50:13.840 --> 00:50:21.389

Marni Battista: so yeah, a hundred. So I would look at

337

00:50:21.930 --> 00:50:24.360
Marni Battista: the 15 year old little who

338
00:50:25.750 --> 00:50:27.520
Marni Battista: needs some attention.

339
00:50:28.040 --> 00:50:30.589
Kimberly: Okay? Cause she's like.

340
00:50:30.750 --> 00:50:50.940
Marni Battista: Kimberly. I'm 15, and like I'm the cool teenager, and we're not doing that because men suck dad left right like she's protecting you and her bossy little 15 year old way and so she needs some comfort, you know she needs to be she you need to talk to her about like.

341
00:50:52.120 --> 00:51:07.630
Marni Battista: you know, we at 1 point, yeah, I was doing this. I was fulfilling this thing with Dad, and like I'll took a break. I did the comp process. I'm focusing on myself. I'm having fun on my dates like I am a grown woman, honey, like

342
00:51:07.680 --> 00:51:12.580
Kimberly: we're not. We're not the little girl down left. I got you like, I know that sucked.

343
00:51:13.160 --> 00:51:21.110
Marni Battista: validate, acknowledge her, confirm all of that right, and then educate her about all the things that are different.

344
00:51:22.000 --> 00:51:22.880
Kimberly: Okay.

345
00:51:23.260 --> 00:51:29.300
Kimberly: okay, that's deep work. Cause this is like that's like 40 years of of this crap

346
00:51:29.960 --> 00:51:31.370
picking man

347

00:51:31.860 --> 00:51:36.709

Kimberly: that turnout to not be the right guy. And it's amazing when it hit me.

348

00:51:39.130 --> 00:51:44.570

Marni Battista: Well, that's the other thing. And so and then look at

349

00:51:45.240 --> 00:51:47.509

Marni Battista: the ways that

350

00:51:49.470 --> 00:51:54.279

Marni Battista: that part of you needs to be healed. Right? So

351

00:51:54.920 --> 00:52:01.930

Marni Battista: what part of you do you need to like. Bring back in that you rejected

352

00:52:02.270 --> 00:52:09.210

Marni Battista: for being wrong, right like you were wrong, and that's why that 15 year old is right.

353

00:52:09.320 --> 00:52:16.540

Marni Battista: Alright. So there's like parts, a part of you that made all those choices that you've like rejected.

354

00:52:17.170 --> 00:52:18.060

Kimberly: Yeah.

355

00:52:18.450 --> 00:52:23.690

Marni Battista: And so the other piece is like, How do I integrate and bring

356

00:52:23.940 --> 00:52:25.610

Marni Battista: that part in

357

00:52:27.810 --> 00:52:32.060

Marni Battista: and, you know, really shine

358

00:52:33.500 --> 00:52:42.400

Marni Battista: like wholeness. Have that conversation, you know. What with that part of yourself. What do I need to believe, what do I need to remember that

359

00:52:43.410 --> 00:52:46.369

Marni Battista: can serve me and like be happening whole again?

360

00:52:50.810 --> 00:52:56.580

Marni Battista: And I would also do. I'm gonna try and find that

361

00:52:58.270 --> 00:53:01.720

Marni Battista: the stuck energy mess up.

362

00:53:01.920 --> 00:53:03.450

Kimberly: Zen.

363

00:53:03.820 --> 00:53:10.410

Marni Battista: Let me just find it here and put it in the chat, because I think it's good for everyone. I mean. It's it's good for everyone to do.

364

00:53:12.480 --> 00:53:19.809

Marni Battista: And if you guys were ever on a call that we did a few

365

00:53:20.350 --> 00:53:30.380

Marni Battista: weeks ago. we did like using the voice also like an empowerment meditation, experience.

366

00:53:30.600 --> 00:53:42.639

Marni Battista: and doing that also could be really good to like anchor in to new identity. And then the other thing Kim really is like, what do you need to do

367

00:53:43.360 --> 00:53:47.620

Marni Battista: to like rewrite the story? We talked about that on a call

368

00:53:47.830 --> 00:53:51.360

Kimberly: right? Right about your new identity.

369

00:53:55.480 --> 00:54:03.040

Kimberly: Well, I think for sure, tapping into the joy and and playing just being silly and playing

370

00:54:03.160 --> 00:54:07.889

Kimberly: really powerful for me. And I'm I'm excited to be on that path.

371

00:54:08.460 --> 00:54:20.090

Marni Battista: And also I'm meeting men who are good, kind partners, these slight circles, people that I'm meeting.

372

00:54:20.120 --> 00:54:42.379

Kimberly: and it's and it's quite, you know, like they're good people out there that are men, you know. So it's interesting that I'm seeing a lot of that, too, which is well, right. And so you're you're bringing in the truth right? And and remember your 15 year old then didn't get to really finish being a kid. If your dad left right. She didn't get to finish playing

373

00:54:42.470 --> 00:54:43.910

Kimberly: right right

374

00:54:43.980 --> 00:55:03.610

Marni Battista: like yay, you know I I'm happy. I don't have to carry the burdens. I don't have to like, protect Kimberly anymore. Right? And so that part of you is like really trying to grow and be expansive. And so you gotta really handle that with your with your little who?

375

00:55:05.010 --> 00:55:06.739

Kimberly: Okay, thank you.

376

00:55:06.780 --> 00:55:08.280

Kimberly: Thank you. Thank you.

377

00:55:08.450 --> 00:55:09.470

Marni Battista: Awesome.

378

00:55:13.860 --> 00:55:17.049

Marni Battista: Brenda. Is any of this resonating for you this evening?

379

00:55:31.690 --> 00:55:34.060

Brenda Stanton: Yes, sorry about that that's great.

380

00:55:35.230 --> 00:55:39.519

Brenda Stanton: Yeah, it is especially what you just said about the

381

00:55:39.650 --> 00:55:46.510

Brenda Stanton: 15 year old. And you know, having to be an adult way too early.

382

00:55:48.690 --> 00:55:54.420

Brenda Stanton: you know. So yeah, it all. It's all resonating. I'm taking it all in. It feels good. Okay? Great, good.

383

00:55:54.620 --> 00:56:20.480

Marni Battista: Cause. There's that part of that's that part, because I know I've talked to some of you, you know, at different times. Even Marie is gone through this like, I want a relationship. But I also don't want a relationship right? And so in all of there's that part that's like, Oh, boy, here we go again, right, and that's that little who? And so it's I'm really glad, Kimberly asked, that cause, you know, there's all a part that has that from all those

384

00:56:20.480 --> 00:56:32.249

Marni Battista: traumas that we've gone through.

385

00:56:32.270 --> 00:56:39.339

Marni Battista: Tell her how. Yeah, it wasn't fair, and it it it sucked. And and it's okay to be upset. But like you, you got it.

386

00:56:39.600 --> 00:56:44.000

Marni Battista: So, continuing to do that whenever you feel that resistance.

387

00:56:45.790 --> 00:56:46.950

Marni Battista: So that's great.

388

00:56:47.390 --> 00:57:00.160

Brenda Stanton: Can I just ask a question, Marty? So it's it's kind of what what Christina was asking. I mean, I know I'm on my fast right now, but I'm just thinking what she was saying was resonating so much in terms of like.

389

00:57:00.290 --> 00:57:09.089

Brenda Stanton: just have going through the motions of answering questions and feeling. I you know, I felt like I was being interviewed for a job, and it just

390

00:57:09.240 --> 00:57:18.529

Brenda Stanton: it feels like, and I don't know if this is just as we approach 2024. It's like, is this what dating is? It's like it's lost its romance. It's

391

00:57:18.580 --> 00:57:35.389

Marni Battista: not organic. It's it can be all those things. It can also be in person. There's plenty of people that are romantic and do nice things, and that they're they're all those people out there.

392

00:57:35.550 --> 00:57:47.299

Marni Battista: it's really about your mindset. I'm I'm gonna brag about about Jenny, because she was really struggling at 1 point to like just being like, Oh, these guys suck, and this is tedious, and

393

00:57:47.380 --> 00:58:09.800

Marni Battista: you know, and then I had to like, put on my little pointy boots and be like you know. What are you doing? The internal work? And then she started that, and then things are shifting. She maybe hasn't met her like dream guy yet, but like she's going on date, she's not taking these personal. She's setting boundaries right. She's like having, you know, even like, oh, this is a fun conversation. I could have right like being creative. And so.

394

00:58:10.160 --> 00:58:13.000

Marni Battista: and when it feels

395

00:58:14.510 --> 00:58:21.410

Marni Battista: not natural and it feels hard. And we have, we're stacking limiting beliefs. It just means that we need to take a break

396

00:58:21.430 --> 00:58:24.080

Marni Battista: because we don't. Otherwise they'll just keep stacking

397

00:58:25.620 --> 00:58:36.720

Marni Battista: like avoiding doing your laundry, and the stack just gets bigger and bigger and bigger, bigger, right? And so it's just a little feedback of like, well, I have some stuff I have some stuff to do.

398

00:58:38.910 --> 00:58:40.139

Marni Battista: Yeah, that's great.

399

00:58:46.590 --> 00:58:52.470

Marni Battista: Emily, do you have another question wasn't sure. If your hand was Oh, you do. Okay. I would lower your hand.

400

00:58:53.210 --> 00:59:19.480

Marni Battista: So I put this meditation up here. If you guys all want to copy, it's it's in your classroom. But it's really, really good. If you feel like you have some pain. You have some suffering, and you're frustrated. You just need to like move energy out like you're frustrated about your ankle, Kimberly, you know, like, whatever it is, it's a really good energy needs to move out of our body. And so it's

401

00:59:19.540 --> 00:59:25.190

Marni Battista: really, really powerful bad meeting at work. Somebody's annoying you

402

00:59:25.570 --> 00:59:26.570

Marni Battista: all of that.

403

00:59:26.730 --> 00:59:30.679

Marni Battista: Bye, Christia, thank you for your question helps a lot of people

404

00:59:35.260 --> 00:59:37.499

Marni Battista: any other questions.

405

00:59:40.630 --> 01:00:05.680

Marni Battista: So I posted a video. And I'll answer your question a second I'm doing this little 14 day challenge to raise your energy to raise your vibration to help you create energy to achieve what it is that you want to achieve in the next 14 days. And so I put up a little video explaining it and a couple of meditations and some little sheets we're gonna play energy. Bingo, if you wanna play

406

01:00:05.680 --> 01:00:12.839

Marni Battista: and so that's in there, just let us know if you want to do it. For 14 days. That's 10

407

01:00:12.840 --> 01:00:26.430

Marni Battista: working days. And then, whenever I create those, I'll just tag you, and if you don't want to do it, that's fine, too. So let me know about that. It's up there today. And Jen will end with your question.

408

01:00:27.300 --> 01:00:31.210

ginnie: Okay? So the question gets to for me.

409

01:00:31.550 --> 01:00:32.609

ginnie: you know.

410

01:00:34.580 --> 01:00:37.960

ginnie: Do waiting for somebody

411

01:00:38.730 --> 01:00:48.990

ginnie: to initiate. Alright, let me just put that in perspective that I've been doing all the initiating on these dates. Yeah, you mean initiating, reaching out

412

01:00:49.070 --> 01:00:52.339

ginnie: right reaching out. And and he always

413

01:00:52.640 --> 01:00:57.530

ginnie: responds positively does what I suggest.

414

01:00:57.840 --> 01:01:03.450

ginnie: But he's not initiating. and maybe he's just not an initiator.

415

01:01:03.560 --> 01:01:07.980

Marni Battista: Well, so that's a great thing like on your next date. You can say.

416

01:01:08.020 --> 01:01:14.509

Marni Battista: I feel like I've been initiating all our day to say yes.

417

01:01:14.520 --> 01:01:26.960

Marni Battista: which I love and what I would love is what I'm gonna do is I'm gonna leave some space for you to to leave the ball in your court.

418

01:01:27.320 --> 01:01:29.850

Marni Battista: Are you up for the challenge? You know what I mean?

419

01:01:31.030 --> 01:01:36.080

Marni Battista: And then you're gonna have to like, you know. Sit on your hands and see what happens.

420

01:01:36.730 --> 01:01:43.179

ginnie: Yeah, if that's what you really, if that's what you want and do. But just tell him it's coming. So he's not like, I'm confused.

421

01:01:43.410 --> 01:01:51.770

ginnie: Oh, okay, I need to tell him. Yeah, he needs to like, you know, he doesn't have the manual. So you need to tell him on page 44,

422

01:01:52.160 --> 01:01:59.350

ginnie: I know, and I create space for you to ask me out. That's coming. We're on that page. Just so, you know.

423

01:02:00.180 --> 01:02:04.729

ginnie: And can I? Alternatively, can I just continue to

424

01:02:05.290 --> 01:02:16.920

Marni Battista: do the initiating? Yeah, you can do whatever you want your. It's your. It's your thing. Just don't be mad, like, you know, 6 months down the road, and you're like, Oh, you never initiates so

425

01:02:17.030 --> 01:02:24.429

Marni Battista: as long as you're happy with that, and you don't mind that, and that's fine for you, and it's just easier. And you don't need that from a guy. Then that's fine.

426

01:02:25.000 --> 01:02:27.779

ginnie: I see. But it might be that way forever.

427

01:02:27.880 --> 01:02:31.759

ginnie: It might be if you train him that way. Yeah, that's what I'm thinking.

428

01:02:33.690 --> 01:02:38.199

ginnie: I think also he's he's on the somewhere in the autistic spectrum.

429

01:02:38.250 --> 01:02:42.989

ginnie: Okay? So he might definitely need the page 44. Read to him, yeah.

430

01:02:43.630 --> 01:02:47.309

Marni Battista: that's great. But a lot of guys, whether they are or not. Like

431

01:02:47.670 --> 01:02:55.910

Marni Battista: I'm you know. I remember so long ago this guy was like texting this person, and I was coaching all the time, and she was like.

432

01:02:56.130 --> 01:03:10.589

Marni Battista: and so she I told her to tell him, and he was like, Oh, my God, I haven't dated in 15 years. I read a blog that said, women like it when men text like I did. I am so sorry I didn't know

433

01:03:11.580 --> 01:03:21.680

Marni Battista: I mean, they're just googling the same stuff that you are right if they haven't dated for a while. And so you just all have to have like a little compassion.

434

01:03:22.130 --> 01:03:24.349

Marni Battista: And remember, even though

435

01:03:25.140 --> 01:03:27.490

Marni Battista: the apps and

436

01:03:28.770 --> 01:03:32.600

Marni Battista: transactional dating seem so

437

01:03:32.820 --> 01:03:37.689

Marni Battista: prevalent. The thing that hasn't changed is we're all humans.

438

01:03:38.000 --> 01:03:49.539

Marni Battista: and we're flawed and we have feelings, and we don't want to get rejected, and we've been rejected, and we don't know how we don't know what to say, and all those things, and so

439

01:03:51.060 --> 01:03:58.729

Marni Battista: not that you want to settle in any way, shape or form, but it's worth it to teach someone how they, how you want to be treated.

440

01:03:59.720 --> 01:04:02.389

Marni Battista: and give them a chance to step into that

441

01:04:07.390 --> 01:04:13.600

Marni Battista: especially, you know, a quality guy. You don't want to overlook the really nice guy who's just bad at dating.

442

01:04:23.760 --> 01:04:32.409

Marni Battista: Alright. Well, this was super fun. Starting. I can't really. I have. I don't have the exact date in front of me.

443

01:04:33.050 --> 01:04:45.980

Marni Battista: but I think the week of the 20 sixth. The schedule is gonna change, and we're gonna have starting in October a couple of calls in the afternoon. So we're gonna move. Some of the daytime ones will be like 2 in the day and 2 in the afternoon

444

01:04:46.470 --> 01:04:58.559

Marni Battista: to accommodate some people's work. Schedules. So look out for that. The other thing is, Amber got a new job? I'm I was! I cried. I admit it.

445

01:04:58.680 --> 01:05:15.240

Marni Battista: I was like in a work meeting, and I was like anyway. But he's amazing. And also I'm super excited. I have a couple of other people that are gonna be training with him this week. And I think they're gonna do a great great job.

446

01:05:15.240 --> 01:05:34.160

Marni Battista: And so if you all have any messages for Umer that he's been with me for like 4 or 5 years. Some of you have known him for a long time. If there's any messages, thank you. Any of that. This week is his last week. So put, you know, if you have anything that you wanna say thank you or anything. Put it in my new networks.

447

01:05:34.170 --> 01:05:59.719

Marni Battista: And he'll be helping us transition. And so if things are bumpy, don't fret. Just tag me. Let me know. You know, we have 2 new people that are gonna be starting that are gonna help take over some of his stuff. So but I'm sure it will all be amazing. And I'm excited for him growing in his career. So that's exciting, even though it's bittersweet for us.

448

01:05:59.730 --> 01:06:03.739

ginnie: How do you spell his name, you Umer, is a MR.

449

01:06:03.760 --> 01:06:04.920

ginnie: Amr.

450

01:06:07.090 --> 01:06:08.309

ginnie: okay, thanks.

451

01:06:08.630 --> 01:06:13.310

Marni Battista: And the guy that I have starting is gonna replace him. His name is like is Emon.

452

01:06:13.750 --> 01:06:30.740

Marni Battista: He's from another. He's I think, Pakistan, anyway? And so, and then Sierra is the is the young lady who's gonna help us. So, anyway, so just be watching for those names. And send Emerson love and give me some grace while I

453

01:06:31.350 --> 01:06:36.580

Marni Battista: train some new people and

454

01:06:37.160 --> 01:06:47.910

Marni Battista: That's all I got for you, ladies. But thank you, I love this call. It's so fun, so fun to see so many new faces and old faces, and just lots of love, and just keep doing the work and

455

01:06:48.240 --> 01:06:52.790

Marni Battista: ask me your questions on my new networks, and I'll see you next week. Wow!