

SCHOOL OF AUTHENTIC BADASSERY – Badass At Love Module

3) What is truly possible at the highest echelons of love?

So, as we covered in the last module, the common default setting that the vast majority of relationships are being on run on is an old and outdated model of ownership. That someone is your property. Now that you are with me, I get to tell you what you can do with your body, I can get upset with you and I'll make up when I'm ready to make up with you, you have to follow my rules and obedience is very important. And *then* there will be love. And if you trigger my fears, there will be no love. So, it's about avoiding my fears first, and love coming second, this is the model of relationships for most people – it's a fear-based relationship.

In order to understand the full potential of love, I think it's super important to see the whole scale of it which I'm going to share with you now, so reach for your workbook because the diagram in there really does help to show this.

If you look at the very middle of the scale, you'll see zero, the base point. One increment above that and that's where you feel the first feelings of appreciation and warmth, one increment below it and you feel the first red flag and concern.

Go all the way down to the bottom and that's where very sadly there are the worse cases like murder and suicide and extreme forms of abuse. Sadly, this is happening right now, to far too many people all over the world. As you move back towards the centre you have the high fear states where emotional abuse is taking place and control is prevalent. Go all the way up to the top and you have pure ecstasy, you can practically hear harp music and your soul is overflowing.

The lower side can be broken down into abject despair and forbearance, on the higher side you have satisfaction & immensity.

If you look at this graph the higher up you go the more **respect** is present and fear is absent, the lower down you go the more **fear** is present and respect is absent.

This is clear right? The more fear is present the more people believe they have no freedoms and are afforded few freedoms. The more respect is present, the less people feel the need to control or are controlled.

The full potential of love is a relationship built on love and respect – in which people are given their full freedoms and ownership is completely absent.

If you look back at your relationships, you'll see that where they so often went wrong was when one or other party felt the need to control, demand or expect certain things off the other.

The people that experience the most profound relationships are operating their relationships on invitation and respect. No one is being forced to do anything, they are being invited to bring their best selves to the table. The couples that are the most successful are those who have emotional equality. That understand that they are in a relationship with their partners nervous system and that

if their partner is upset, their world stops to listen to what is going on because you matter and I don't take you for granted you being in my life.

In the deep dark murky parts of this graph there is high expectation of each other, yet in the top levels there is only honouring each other's truths & four-way respect – I respect you; you respect me, I respect myself and you respect yourself.

If you love beautifully your wants and needs of your partner are a distant second to their truth.

I may want my partner to come shopping with me, but if he's not feeling well and needs to rest – his need for that is more important to me than my desire for him to come with me. And this is *all* the time. I might want them to take up one of my hobbies, but their truth is to do charitable work or create financial freedom.

The alternative to that is that I get to make you do what I want, and you honouring your own truth is of no consequence at all. This is a place many of us have found ourselves in prior relationships – for myself I have been the person that's done this and that's also received it being done to me and I can tell you it feels 100 x worse than the other.

There is blame instead of personal responsibility. We get to blame others for all that's happened to us instead of looking at what I'm responsible for, what I can change and take responsibility for my part in things.

The people that experience relationships at the top level are doing a really good job of playing the Game of Life, of doing their learning, of excavating those gems.

Instead of feeling entitled to you, you know like those phrases that 'he's a keeper', there's this incredible feeling of what an honour it is to be in a relationship with you. To get to walk beside you as we both continue our learning journeys.

If you do anything as a result of listening today, try carrying the feeling that it is a privilege to be in a relationship with your partner. I consider it a privilege that you've chosen to do this learning work with me. You could have chosen all sorts of other things to do with your time, money and energy today.

Two plus years down the line and at least weekly I find myself telling my partner how lucky I am to be in our relationship and in the spirit of a love-based relationship his instant reply is 'how lucky we are. And he's right of course!

I don't own any part of him, and we are equals and I understand that at all times his truth is what comes first for him, in the same way that mine does for me. And we support each other constantly to pursue that. The end result is that life is infinitely more amazing, more multicoloured.

This all comes back to essentially human rights.

When you look at all this it's easy to see how many times people treat their best friends better than they treat their partners.

Would you agree with me that when we first get into relationships we treat each other really well, and when it comes to the end of a relationship the historic narrative, which I thankfully see changing a lot all around me, is to treat each other horribly. So even though you might start your relationships at the top of the diagram, *most* times it ends up heading significantly downwards throughout the relationship. Not all, but often. And what that seems to point to is the fact that we are trying to have a love-based relationship but operate it on the principle of ownership and

entitlement. Even as I say that it feels so constraining and deeply violating – I can feel the resentment just itching to bubble up!

Looking at this evolution of relationships that we've been speaking about from like 30,000 feet up – it feels utterly crazy doesn't it that we'd even attempt to profess love for someone and yet go about our daily lives violating their freedoms and deeply hurting them.

It's like the paradox of Zoo's where we profess that we love animals and then decide to keep them in cages for *our* pleasure without a second thought as to theirs.

As we see with animals that become depressed or self-destructive – this operating system, this belief system is literally untenable for long periods of time – hence why relationships reach a burn out as frequently as they do, where they are just beyond repair no matter what we try.

This explains how we can go into a relationship with the best intentions in the world and as people who are proud of holding good morals and ethics and then turn into something we barely recognise, someone who looks at themselves in the mirror and struggles to feel connection with who they see. And just for clarity here I'm referring to what I consider the vast majority of the human race who I see as kind well-meaning benevolent individuals who would never on an average day consider saying mean and cruel things – end up doing so. Why does that happen? Because we are operating from a model that tells us we have rights over people.

An excellent example of how just that one principle can entirely change people is the Stanford Prison Experiment. In this experiment a group of researchers took a group of ordinary reasonably emotionally healthy, by that I mean their mental health was not actively considered a concern and divided them into two groups. One group they assigned as inmates of this experimental prison, and the other they assigned to be guards. And just to be absolutely clear – they had been randomly assigned – they weren't assigned based on any specific criteria.

And in just 5 days the treatment these fake guards were meting out on humans who had literally done no wrong, was so bad that they had to call the experiment to a halt on the 6th day, instead of letting it run for 2 weeks. It has since been called one of the most unethical psychology experiments in history and rightly so.

Yet we are running a, albeit watered down, version of this in our daily lives with the very person who's supposed to mean the most to us.

Can you see why when you replace the idea of having rights over and getting to control someone with the idea of it being a deep privileged to be in partnership with somebody the outcomes are entirely different.

That's not to pretend there aren't still ups and downs – you are still continuing your game of life – your learning and healing experience, but the fall out of those is miniscule in its impact on the foundation of your relationship.

Now what happens if you are the person that's used to being controlled? That's either grown up in an environment where your freedoms were violated or found yourself in such an environment after getting into a relationship? We will be covering a lot more on this in the Bring Out My Badass module but for now, start by considering your greatest fears when it comes to being in a relationship and run those fears through what I call fear processing. I don't know if you were aware of this but when your brain feels emotions such as fear and anxiety it floods with cortisol. What cortisol does is unfortunately lowers our IQ, by stripping away every other thought than how best to fight or flee. So

essentially what that means is when you are faced with one of your fears, you are no longer able to address it by calling on all of your normal thinking capacity. That explains why afterwards we can think of 100 different ways we could have done a much better job of handling the situation but none of them came to mind at the time!

So.... the smart way to give yourself a leg up is to process the fears you know you possess ahead of time and what I mean by that is – imagine it happening and then list down on paper the practical steps you would want to take if it happened. So as an example, in one of my relationships that was experiencing a lot of breakdowns, my then partner wanted to come over and discuss some important stuff. My fear was that I would be swayed by him, become overwhelmed with emotion as I had a good deal of stress on me at the time, and not hold to what was important for me. So very pragmatically I sat down and wrote what was important to me, what my truths were, I then wrote that if I felt myself being overwhelmed by emotion, I would ask for a time out, leave the room briefly if needed, call a friend if needed after that and when I felt stable again, I'd return to the conversation. When the time came, I was so committed to my truth and so concerned I'd not remember everything that I actually took my note pad to the conversation and shared that I'd made some notes that would allow me to show up as the best version of myself. The outcome was that I did show up in exactly that way, was not overcome at any point, never needed to leave the room and was able to communicate all of my needs and desires effectively. I can honestly say that that was one of the best conversations we ever had.

Set yourself up to win by figuring out how you'd want to handle your fears should they arise, in advance of them happening.

Because now is a time to summon bravery. And I don't say that lightly with any desire to minimise what you have experienced in your past. God forbid. I understand this from my own background of being controlled and manipulated extensively by those who were supposed to be my nearest and dearest and I would absolutely suggest that in the same way that I did, doing your own healing work, outside of this program, yet along with trying on the teachings you've learnt here that you consciously work on healing the parts of you that need to be healed. Again, we'll go more into this in the Bring Out My Badass module. But it is essentially time to summon bravery for the journey from your mind to your heart. And this requires you to do an inventory of your fears and process them.

List out what you don't want to happen and are actually structuring your life around so that these fears don't happen. What is it you spend your waking hours avoiding at every turn? So, you can let go of them and reach new heights of trust. This is the truly life changing part! It will change your life forever! When you shine a light on your fears and actually admit to them out loud, it's half the battle. People's fears run their relationships more than they'd like to admit. And the majority of those fears and the behaviour they produce stop you from having an incredible relationship. When you do this work, you'll feel more love than you've ever felt before.

Again, I am not suggesting that you willingly put yourself back into detrimental situations for this. I'm not suggesting that you might fear being run over by a train so you go and try it out. The big overwhelmingly huge fears likely require more than just a quick process with a piece of paper. It's possible they would benefit from counselling, Rapid Transformational Therapy, Reiki, or other healing modalities. But your day to day fears can be drastically reduced by using this approach.

Matters relating to worth, and boundaries are ones we will be looking at in further detail in the Bring Out My Badass module and as you can hear are so interwoven in this particular subject it's hugely important for you to do that module in order to fully experience the benefit of this one.

I cannot stress enough that *working on your own shit* – the healing you need for your own triggers and traumas will be the quickest, easiest and most rewarding way to make real tangible progress in your relationship. Turn that focus on yourself, let him do his thing and turn it all on what you need to do – love him but with less attachment and neediness because you are doing your work.

Over time I began to realise that the whole reason I picked up partners who hadn't got their shit together was because it gave me somewhere to direct my focus. That while I worked on fixing them, I didn't have to look at my shit.

But what I came to realise was not only was me trying to fix them massively violating but I was actually doing everything the hard way. If I turned my focus instead on myself and healing my own traumas, leaving my partner to focus on his if he so wished, I not only infinitely improved my own life, but I gave room for my partner to want to improve himself just by osmosis or allow the universe to bring something so much better into my life.

Plus working on yourself, someone who is actually open to change, is so much easier than trying to force someone else to change simply because you want them to.

And as you heal your own shit, you'll find you'll gain the ability to hold so much more space for your partner to do theirs.

Being able to communicate to your partner what is important to you and what you need in your life to maintain your nervous system is vital. We all have essentials that we need in order to function healthily on a daily, weekly, monthly basis. Knowing what you need is a first step. Communicating to your partner your needs and desires can be really challenging when you've learnt to people please growing up but it's absolutely essential to help things run smoothly. Whatever it is set your partner up to win by letting them know up ahead. I know my fiancé has two passions that mean the world to him - and it's important to his wellbeing and our relationship that he gets to spend time indulging in those passions. Could I insist he spent that time with me instead? Of course! Would it lead to a beautiful respectful outcome? Absolutely not! It would be a complete violation of his freedom of choice and make me feel utterly controlling and out of character at the same time. Whatever I'd insisted on would then be marred by the feeling of both of our nervous systems.

QUESTIONS:

So, turn to your workbook and answer these questions – when you look at your beliefs what do you see? What new beliefs are you willing to embrace in order to see things change?

As always remember – this isn't a time for judgement – just get curious and if the emotions want to flow let them but remind yourself you came here to heal and grow and move forward.

Consider the difference between inviting someone to love beautifully and demanding someone to love you.

When have you demanded a partner behave or not behave in a particular way?

What do you think it was like for that person?

When and how have you experienced being demanded to behave or not behave in a particular way?

What was it like for you being controlled and not being given the freedom to choose your life?

How did this affect your relationship with that person?

Take a moment to recall a time when someone was gentle and forgiving with you when you expected to be scolded.

What did it feel like and how did that affect your relationship with that person?

Take time to notice how you have felt unconsciously compelled to hold a narrative from your upbringing that you later realised wasn't beneficial for you.

Take a moment to list out what it is you need to maintain your nervous system on a daily, weekly, monthly basis. Is it bubble baths, walks in nature, time with other friends, a certain amount of sleep, a hobby? This is an ongoing and evolving process as we grow and change.

Please write a list of the things you worry about or are afraid of in your love and relationships

Notice how much time in your relationships (past and present) your attention has been focused on these worries and not the present moment.

Write down the impact this has had on you, your partner and your relationship

Now for some bravery – make a conscious decision to move towards your fears and process them using the method we outlined earlier. Notice how your cortisol lowers once you've done this.