

Speaker 1 ([00:00:00](#)):

Welcome to the Relationship Anxiety Solution. I'm your host, Kara Loewentheil. I am a former women's rights and reproductive rights lawyer, currently a master certified life coach. I am the host of the Unfuck Your Brain podcast, and I'm the creator of the Clutch, which is a feminist monthly coaching program. I am also somebody who lived with pretty much debilitating relationship anxiety for most of my teenage and adult life. So you're gonna hear more about my story during this training, but I want you to rest assured that everything that I am teaching you, I have learned and tested and implemented the hard way so that you don't have to. And while I may look confident and cheery in this photo, that was not how I felt about my romantic life until I learned the tools I'm gonna teach you today.

Speaker 1 ([00:00:54](#)):

So studies show that our brains very naturally imagine worst case scenarios and catastrophize. And when it comes to relationship anxiety, that means we spend a lot of time imagining what it will feel like if we can never find someone, or we can never have the kind of relationship we want, or if this date doesn't go well or if this person breaks up with us or whatever kind of variation of that we are thinking about. But we don't spend enough time thinking about what could be amazing. And when we do, we're usually thinking about how once we find that right perfect person, we're never gonna feel sad or lonely or upset again. And I am never here to try to pretend that meeting someone even an amazing someone and having any kind of relationship is going to mean that you never have to have human emotions ever again, <laugh>.

Speaker 1 ([00:01:46](#)):

And even that can be a relief. So what I really wanna encourage you to do, which I don't think our society does encourage us to do, is to imagine what your life would be like without relationship anxiety, but from a place where we're imagining you, what you would feel like without relationship anxiety, not what it would feel like to magically be in the perfect relationship. Because even the most amazing relationship involves two people who sometimes get on each other's nerves or hurt each other's feelings or whatever it may be. So that's what I want you to imagine. I want you to imagine a life in which you feel secure and confident no matter how the other person you're dealing with behaves a life in which you know exactly how to draw healthy boundaries and how to have your own back in a dating or romantic relationship process or frankly in a friendship or any kind of social relationship. You may be watching this and thinking more about your friendships or other social relationships, and that's fine too. This applies to any set of relationships. And I want to imagine, I want you to imagine creating any kind of healthy relationship that you want.

Speaker 1 ([00:02:57](#)):

So how often do you do the following? Just kind of keep track for yourself. How often do you feel your stomach drop when your email pings? How often do you check your phone 12 times an hour to see if someone has texted you back? That could be a partner or potential romantic partner. Could be a friend, it could be a parent, it could be a boss, it could be the neighbor, the landlord, it could be anybody, right? But how often do you get into an anxiety spiral where you're communicating with someone and you become kind of fixated on trying to see if they've gotten back to you? How often do you avoid hard conversations because you're afraid of how they'll feel? So you don't tell the truth about how your feelings are hurt or what you need or ask for what you want or tell another person what kind of space you need, whatever.

Speaker 1 ([00:03:46](#)):

There are so many options, so many variations on this. How often do you ignore someone's call because it's stressful to talk to them and you just hit that little red button. You can make it go away for a minute, but doesn't go away long term. And how often do you end up putting up with less than you want or more than you want? Because you are afraid to say so. You're afraid to say what you really want or what you really need because you're afraid that it'll be too much or you'll be punished or you'll be abandoned or checked. I used to do this. I used to do all of those things, <laugh> how I know to talk about them. Those were my regular playbook and I mean all of those things. And I did change all of those behaviors and all of those mental and emotional states.

Speaker 1 ([00:04:37](#)):

And that is why I'm so passionate about teaching this because I know that if I could change it, you can change it too. And we all have our different flavors of relationship anxiety. I personally didn't have a huge amount of anxiety around friend relationships, but I had a lot of relation anxiety around romantic relationships and a lot of anxiety about professional relationships and family relationships. So friends were kinda the only one that I felt okay about. But I've taught this work and coached so many women who do feel very anxious about their friendships and maybe don't feel as anxious about family or work. So all of these kind of skills and tools are interchangeable. It doesn't matter what the context is, can be people super well, or it can be anxiety about the owner of the house next to you being mad about what your garden looks like.

Speaker 1 ([00:05:23](#)):

It can really be any kind of anxiety around relationships. So what I want you to know is that you can change it too. It is possible to change this. It's not a way you have to live for the rest of your life and you are not limited to just trying to survive this amount of anxiety and it won't really work to cut people outta your life or try to avoid anxiety triggering situations because when you have human relationship anxiety, it's just interacting with humans that causes it. And that's pretty unavoidable. So that's why in the very beginning I wanted you to bring up a kind of idea of what your life might be like without the relationship anxiety that is plaguing you. So you don't have to take my word for it. My students have had these experiences too, learning and using this work. So my student Devon says that I went from identifying as anxious attachment to basically everyone in my life to feeling really, really secure in all my attachments, even once with conflict or that would've sent me into a tailspin in the past.

Speaker 1 ([00:06:23](#)):

And my student, Sasha said, I used to never speak up in social situations or meetings because I worried about what other people would think and now I speak up in very large meetings with far less anxiety. So these are examples of real people who have learned what I'm teaching here and applied it and have really changed their relationship anxiety. So here are the three secrets to solving relationship anxiety for good. Secret number one is that your brain is not broken, especially when we feel very anxious and we feel like we can't turn it off. It makes sense that it feels like something is broken in our brain, but your brain is not broken. I promise you. I totally thought that my anxiety was caused by kind of flaws in my character, things that were somehow just inherently wrong with me, that I was weak, that I was insecure, that I was conflict avoidant, or I was too empathic.

Speaker 1 ([00:07:21](#)):

I just felt everyone else's emotions too strongly or I was too sensitive or just this general sense that I was not good enough to deserve any better. I don't know if I would've said it in those words exactly, but it was just this sort of presumption of my underlying wrongness and not good. And that there wasn't like enough out there. There weren't enough good romantic partners. There weren't enough good jobs or professional opportunities. There was a scarcity of good things and I didn't deserve to have them. I was wrong about all of that really. All those reasons seemed so true and made so much sense to me, but I was just completely wrong about all of it. And you are too. And our brains don't like to be wrong. So sometimes we feel kind of resistant or hostile <laugh> when we hear that we are wrong.

Speaker 1 ([00:08:13](#)):

But it's actually the best news in the world to be wrong about thinking there's something wrong with you. It isn't you. And it wasn't me. The reason that our brains are like this are society, it's about how society teaches us to think. So we are taught from an early age that there are only two genders, men and women. And I do think things are changing, but there's still a lot of this out there. And those of us that grew up 20, 30, 40, 50, even 60 years ago, heard a lot more of this. So we're taught from an early age that men should be like this. Men should be strong and confident and unemotional and logical and rational and whatever. And women should be like that. Women should be helpful and kind and nice and pleasant. So we get this gender socialization from an early age, and especially in the past, it didn't really matter what gender you truly were, it just mattered what society thought you were.

Speaker 1 ([00:09:15](#)):

Those are the messages you got and that's what you absorbed. So I want you to think about whether any of this sounds familiar. Here are some of the things that I believe women are told they should be. Women should be nice, women should be pretty, women should be patient, Women should be kind, women should be thin. Women should put everyone else first. And this is a very concise, abbreviated list of all the things that women are told they should be. Fundamentally, women are taught to evaluate their own worth based on what other people think of them. Now say that again because it's so important to understand. Women are taught to evaluate their own worth based on what other people think of them. And if that just sounds like normal to you, Yeah, of course. Just think about how men are taught, which is generally more that they just are worthy.

Speaker 1 ([00:10:09](#)):

They just are worthwhile. Men are just taught that what they want and need just matters. It doesn't have to be justified. It doesn't have to do with whether other people think they've done enough. It just matters cuz they have those thoughts and feelings. Whereas women are taught that our worth in value are the stock market. That our value goes up and down based on the consensus opinion of everyone in the world about us or just based on whoever happens to be loudly expressing their opinion about us at that very moment. That's why you can feel great about how you look and then walk down the street and if somebody says something to you, a stranger can give you a negative comment and then your self-esteem is dashed. That doesn't make any sense objectively, but it's not because women are irrational or weak or stupid or anything else.

Speaker 1 ([00:10:54](#)):

It's because we've literally been taught that everyone else's opinion matters more than ours. Even strangers about us. Everyone else's opinion about us matters more than our opinion about us. And then if that weren't enough, the human brain is primed through evolution to worry about relationships.

Humans evolved in small knit tribes where you needed everyone to cooperate to survive. And so it was really important that the tribe liked you and was going to help you because people really couldn't make it on their own. And so the people who didn't really care what other people thought of them, <laugh> at that time in human evolution probably didn't make it. And those of us who are just, those of us who are here now are descended from people who were potentially obsessive about what other people thought about them. Now times have changed, and most of the time we are not in a situation where someone else's opinion is life or death for us.

Speaker 1 ([00:11:54](#)):

That does still occasionally happen, but it's quite rare now for most of us, especially most of us watching this training. But our brains are evolved from the time that this was crucial and we evolved from the kind of brains and the kind of people who were very focused on it. So we've got society telling us that our worth in value is conditional and changes all the time, and it's based on what other people think. And then that's layered on top of a human brain that's already predisposed to worry about what other people think. So it's no wonder that we worry a lot about what other people think of us. And that's why it's so important to understand you're not broken, right? There's nothing wrong with your brain, there's nothing wrong with you. This is literally how you've been taught to think messages about women that society gives us, plus a normal human brain.

Speaker 1 ([00:12:47](#)):

Unavoidably equals relationship anxiety of some kind. I have kind of yet to meet someone, socialize as a woman who does not have anxiety about some kind of relationship in her life, maybe different kinds of relationship. Like I said, some people feel fine about their romantic relationship, but have a ton of anxiety about what their boss or colleagues think about them or vice versa. But it's pretty rare for me to find and meet a woman or someone socialized as a woman who has no anxiety about any relationships in her life because between socialization and the evolution, it's such an unavoidable, inevitable outcome. So you are not broken, your brain is working the way it's supposed to, but we can change it and we're gonna get to that. The second secret to relationship anxiety is that unless they're truly abusive, changing the partner or job or friend will never solve your problem.

Speaker 1 ([00:13:43](#)):

So here's why I say that, right? And again, I am excluding situations in which you are truly being abused or truly in an abusive environment. When we are not dealing with that kind of situation, when we're just dealing with sort of garden variety human suffering that our brains create with all of our thoughts about other people, we are not going to find relief by changing our circumstances because our brain has patterns that it will take with it. So cognitive bias means that we are always looking for evidence of what we already believe, which means that even if everyone around you magically changes your thoughts and feelings probably won't. And this it seems so counterintuitive in some way because we just feel like, well, if I'm anxious cuz this boss doesn't give me good feedback, or if I'm anxious cuz that boyfriend doesn't text me back, then changing those situations is gonna solve my problem.

Speaker 1 ([00:14:42](#)):

But if you have paid attention during your life or you even just think back now, you'll probably see that your patterns tend to repeat, right? It's not that you date two people and have a lot of text anxiety and then you date two more people and never have any text anxiety. It's not that you have one job and you have anxiety about what your boss thinks about you, but then at the next job you feel amazing and

confident and never worry about your performance. We tend to repeat the same patterns or we shift them a little. So at one job you're anxious about what your boss thinks of you at the next job. Your boss is super supportive and explicitly so now you've been fixated on what this other kind of semi senior colleague thinks about you or in your dating life, one partner you had a lot of text message anxiety.

Speaker 1 ([00:15:29](#)):

And now with a new partner, that person texts a lot, but sometimes they get quiet and you have a lot of anxiety about what they're thinking about you when they get quiet. So sometimes it's the exact same thing. It's just text anxiety, text anxiety, text anxiety as you go through partners. And sometimes it shifts a little, but if you pay attention, you can usually see that your brain keeps manufacturing relationship anxiety as you move through your life, even though some of those relationships are changing and are with different people or different circumstances. That actually makes complete sense. If you understand how the brain works, if you think that the brain just organically spits out new thoughts every time it encounters anything, then it would sort of make sense that your circumstances cause your thoughts. But that's actually not how the brain works. Because if you had to actually come up with a new thought every time you saw a thing that even if you'd already seen it or a person, if you'd already interacted with it, you'd never get outta the house in the morning cause your brain would have to come up with so much processing power just to get through the morning.

Speaker 1 ([00:16:28](#)):

Instead, the way our brains work is that we develop stories about things, we develop thought patterns about things, we develop biases about things, and then we just want to keep believing them. Our brains want to be efficient. So cognitive bias is this process by which we have a presumption, whatever it is, we have a thought, my boss thinks I'm bad at my job, this person might break up with me, whatever it is. And then we are just constantly looking for evidence to prove it true. It's totally unconscious. We don't realize we're doing that consciously. We think we want to disprove it consciously. We think I want to find evidence that my boss thinks I'm good at my job. I want to feel good and secure in my relationship. But subconsciously we are actually constantly looking for evidence to prove our thought true, because that is what the brain thinks is efficient. And those are the kind of neurological muscles that you have developed. Just like if you always write with your right hand that those muscles and that muscle memory is much more developed than trying to write with your left hand. The good news is we don't have to change society and we don't have to give you a lobotomy to solve your relationship anxiety. So changing your circumstances generally won't solve it, but we don't have to solve all of society or do anything to your brain

Speaker 2 ([00:17:48](#)):

To solve your relationship anxiety. The third secret to solving your relationship anxiety for good is that you can feel better even if no one else changes. This is so counterintuitive because what we think that we need is for other people in the world to just change and conform to what we need and give us what we need so that we won't have to feel anxious. And that's because we're taught from an early age growing up that external things in other people cause our feelings and we're taught that we cause other people's feelings. And so it's completely normal and natural that we think that other people cause our feelings. And we think that in our relationships we just need other people to be different, to feel better. And so that ends up looking like one of two things. Either we are mired in sort of resentment and resistance when it's someone that we know we can't control.

Speaker 2 ([00:18:50](#)):

We nevertheless spend a lot of time thinking about how we wish we could control them or they should be different, getting everybody else's opinion on whether they should or should not be different. So we're either kind of ruminating and resisting and resentful, or if there's someone we think we maybe could control, then we spend all of our time trying to control them. We don't wanna call it that. We call it things like I just want them to meet my needs in exactly the way I want. I just want them to understand what they're doing impacts me and why they should do it differently. I just want them to understand how they can make me feel safe or loved or valued or approved of whatever. But either way, we just end up frustrated because the truth is you can't completely control someone else. And even if they're kind of amenable to you trying to control them, you'll find that it doesn't really work.

Speaker 2 ([00:19:41](#)):

It's never satisfying, it doesn't stick. It's like a short term high. And that is because other people can't actually make us feel good about ourselves. Long term relationship anxiety all stems from the belief that we are not okay and safe as we are, and we need other people to make us feel that way. So in order to really deeply change relationship anxiety long term, we have to change ourselves, not other people. It means we have to change to feel better by changing the way that we think. And that is both the best and the worst news. <laugh>, it feels like the worst news because the crazy thing about our brains is that we think somehow it would be easier to change someone else than to change ourselves because we don't really know how to change ourselves. We've never learned how to change our thoughts. So that feels impossible.

Speaker 2 ([00:20:42](#)):

And we feel like it must be easier to just either get someone else to change or change our lives to remove that person. But the truth is, changing your own thoughts is the only way that you can actually solve relationship anxiety for good. Otherwise you will just replicate it in other relationships because your brain has been trained to think in a certain way. So even if you cut off your parents, cuz you have a lot of anxiety about that relationship, you may end up finding that you are replicating that thought process with other authority or familial figures in your life. Even if you change your romantic partner, you may find, Oh, that's weird. Three years later, I'm with a totally different person. I'm still having these same kinds of thoughts and feelings. That's not to say that there's anything wrong with changing the kind of parameters of who's in your life.

Speaker 2 ([00:21:32](#)):

It's totally fine to leave a relationship and a friendship, quit a job, get a stranger yourself from your family if that's what you wanna do. I'm never here to tell you what to do. You're the only one who knows that. But what I am here to tell you is that if what you want is to not feel anxious and not feel disempowered, if what you want is to feel calm and confident and empowered in your relationships in one relationship or in all of them, that has to come from the inside. That is an inside job. And so in terms of how to change the way you think, fundamentally, what you truly need to do is develop a relationship with yourself that can withstand any threat. And threat could be in quotation marks because sometimes there is a real threat to a relationship and sometimes our brains are just making it up.

Speaker 2 ([00:22:19](#)):

Sometimes somebody does wanna secretly break up with us and they haven't told us, but a lot of the times we're just imagining it. They're perfectly happy. Sometimes our boss really does have complaints

about our work that they haven't told us yet, but often we're just making that up in our brains. They're actually happy with our work. So it could be a real threat, it could be a imagine threat. When we are so focused on relationship anxiety, we are hyper focused on the other person, what we think of their behavior, how we want them to change, how we think they cause our feelings. We are very fixated on monitoring their state of mind, their emotional state, how they're interacting with us. So our focus is all directed outwards because that is how our brain developed to monitor threats. If there's something threatening you that's dangerous, it's outside of you, you have to fixate on it to stay alive.

Speaker 2 ([00:23:09](#)):

But in order to change relationship anxiety, we actually have to turn that gaze inwards. The whole reason that we want somebody else to be our security and our safety and our stability emotionally is that we don't have that relationship with ourselves. And so in order to get rid of relationship anxiety for good, it's not about changing out all the other people in your life. You actually have to develop a relationship with yourself that is a strong enough base that you feel secure with yourself. And if you're socialized as a woman in this society, you almost unavoidably don't have that because you have been taught from birth everything that is wrong with you. And you have been told consistently and relentlessly by society that you are not good enough, that you don't look the way you should look, that you aren't good enough at work, that you're not authoritative, that you're not an expert, that you're not as smart as met boys, that you're not as important.

Speaker 2 ([00:24:06](#)):

That how you look is what matters. That you don't look good enough, that you don't know how to feed yourself. You don't know what you should either. When you don't know, you know how you should stand or sit. You don't know what to wear, you don't know how you should look, you don't know how you should act, right? There's billions of dollar industries that are all focused on telling women everything that's wrong with them. And we are systematically divorced from a relationship where we can accept and love ourselves. Women are basically taught that their entire lives are a self-improvement project to get other people's approval. So it's no wonder we don't have a solid relationship with ourselves. We don't have a safe home base in our own relationship with ourselves. But that's actually what you have to develop in order to really get rid of relationship anxiety for good.

Speaker 2 ([00:24:55](#)):

You can learn to change the little thoughts here and there around relationship anxiety and that'll help some. But you have to radically change your beliefs about yourself in order to actually feel secure no matter what is going on in any other relationship outside of you. I know that this is possible because this is what I've lived and this is the work that I have done on myself. My life used to be very different than it is now. My life used to involve constant text message anxiety, especially around dating. If I was dating someone and I was anxious about hearing from them or we were, I don't know, within the first year of our relationship, I was just constantly checking my phone, feeling anxious, thinking about whether they were texting or why they weren't texting it. It was an all consuming obsession. And then I had a lot of shame around that because I felt like I'm like a high powered person.

Speaker 2 ([00:25:53](#)):

I'm a feminist. I'm a grownup. I should not be so invested in this. I could tell that conceptually being hung up on whether someone you met on Tinder a week ago texted you back to determine yourself worth did not make any sense. But because I didn't understand the evolutionary biology, the social

conditioning, I didn't understand what was going on with me and I didn't know how to change it. I felt similar levels of drama around my family and my interactions with my family. I cried at most family events. I would've at that time of course, have told you that my family was all of the problem and I really dreaded having to spend time with them, which is no longer the case. And I'll tell you a little bit about what my life is now in a minute. I often felt really left out of my friends' lives.

Speaker 2 ([00:26:43](#)):

I felt a lot of, even though friendship was the area in which I sort had the best self-esteem out of all of these areas of my life, that still didn't mean it was great. And I would feel fine as long as I was hanging out with my friends one on one. But if I was in a group, I had a lot of anxiety and insecurity or if I heard that friends were hanging out without me, that was very hard for me. And professionally, I basically had a pit in my stomach or a racing heart at all times. Either I was worried I was gonna hear something bad or if somebody was getting in touch with me, I was sure that the news was gonna be bad. I found incredibly defensive about any feedback on my work. I just was super anxious about what my colleagues thought about me, what my boss thought about me.

Speaker 2 ([00:27:31](#)):

And I had so much kind of emotional and mental drama around the relationships in my work life. And now all of those things have changed. I'm still a human. I still have positive and negative emotion, but those constant anxiety soundtracks in my brain are no longer there. I actually am in an incredible romantic relationship now and I never feel anxious about it. But more importantly, I learned how to feel incredible when I was single, which I had to do before I met this partner or I would never have been open to him in the first place. I actually, to my ongoing surprise, actually enjoy family events because my mindset around what is going on has changed so much. And I no longer take everything so personally and I no longer feel like other people have to change for me to feel okay. I feel really surrounded and supported by loving friendships.

Speaker 2 ([00:28:30](#)):

I feel like when I meet new people, I feel confident and secure in myself. I'm happy to get to know them, but I'm not worried about what they'll think of me. And of course paradoxically what's happened is that more and more of the time when I meet new people, they do like me. They are into me. Even people who I would've expected might have some reasons to have thoughts, negative thoughts about me have proven to go out of their way to express how much they've enjoyed meeting me or my kind of energy or vibe or whatever you wanna call it. And that's not because I'm like was just born special <laugh>. I was not. It's because I have done all the work to have this different relationship with myself that allows me to show up differently in my relationships with other people. And again, it's still a human life. I still have disagreements or conflict. I still have conflict with my partner. There's still things in my family that I don't see eye to eye on with my relatives or decisions we have to make as a family where we don't agree. And that's always gonna be part of life. Changing yourself won't change that. But I can still feel confident and secure when that happens. I don't

Speaker 3 ([00:29:40](#)):

Go into an anxiety spiral. I don't go into a she spiral. I can allow that to exist and I can navigate it so much more skillfully. None of this is magic and I'm not special. And I think we're all special in our own ways. Don't. That's not a way of putting myself down. It's just that these results and outcomes that I have been able to create in my life are things that I created because I just learned how they're not

special abilities that I was born with that other people don't have. These are skills that you can learn. That's how I developed and created these outcomes by learning skills that I did not have and was not taught growing up or even until my thirties when I found someone to teach them to me. You can actually learn how to stop relationship anxiety spins before they spiral out.

Speaker 3 ([00:30:34](#)):

You can learn to notice when they're starting to happen and how to stop them. You can learn how to stop people pleasing and how to feel strong and confident in telling the truth. You can learn how to stop depending on external validation, right on always wanting other people to make you feel good about yourself. And you can learn how to create confidence within which means it's a ultra renewable resource that you always have access to. You can learn the skill of resolving fears of rejection and abandonment, right? You can learn to create a security with yourself that allows you to not be so fixated on whether somebody else is ever going to reject or leave you. You can learn how to swap control and manipulation for love and acceptance. One of the most insidious things about this kind of relationship anxiety, I think, is that in our own minds, we're the victims of it, right?

Speaker 3 ([00:31:28](#)):

In our own minds, we are the ones who just feel so anxious and all we want is reassurance. And other people are either kind of being cruel or they're being callous or they're not kind of cooperating and participating in giving us what we need. But in reality, we are often trying to control and manipulate other people to feel safe, right? We are sending a certain kind of text message cuz we wanna try to get the person to send a certain kind of text message back that we can then use to validate ourselves, right? We are trying to set up conversations that they go a certain way. None of that makes us bad people. It's a normal human brain response. If you tell your brain, I need this person to act a certain way to feel okay about myself and to feel safe, then your brain is gonna put all of its energy into trying to get that person to act a certain way.

Speaker 3 ([00:32:15](#)):

So it's completely normal, but it's not real intimacy or connection and it doesn't work. You don't feel good about yourself. Even when you set it up and the person does what you want. Then you start thinking, Well it's only cause I set it up that way. They don't really mean it right? So learning how to stop trying to control and manipulate people and actually create love and acceptance will really change your relationship anxiety cuz you won't be looking outside of yourself for it and you can learn how to improve any relationship without the other person changing at all. And to be clear, that doesn't mean that you necessarily stay in the relationship or that you stay in it the same way, right? Sometimes when you do the work to improve your own relationship anxiety, sometimes it makes the relationship amazing. Sometimes you realize you don't even wanna be in that relationship or that relationship isn't good for you, but you're still improving it in the sense that you are figuring out for yourself what you want and what kinda relationship you wanna be in.

Speaker 3 ([00:33:14](#)):

And you are setting yourself free to leave it if that's what you want to do, rather than stay because you're anxious and you need the validation and you're afraid to be alone or you're afraid to stand up to the person cuz you're people pleasing, right? All the different ways that relationship anxiety keeps us trapped in relationships that aren't what we want or aren't good for us. So when you do this work, you get one of two outcomes really. You either make that relationship that was fundamentally solid amazing

cuz now you can actually enjoy it and feel secure and you can actually connect to the other person. Or you realize that relationship is not for you for one reason or another and you're able to actually exit it or set boundaries effectively because your relationship with yourself is so different.

Speaker 3 ([00:33:59](#)):

Society and evolution are impacting your brain. And one of the two big things I want you to take away from this training, even if you never take anything else away from it, is that number one, you are not broken or weak or too traumatized to ever change or anything like that. Your brain is operating exactly as it should given society an evolution. So there's nothing wrong with you. But number two, if you don't change your brain on purpose, no relationship or person will ever make you feel safe, secure, or confident. So it's like the good news is there's nothing wrong with you and the news that actually is amazing news, but sounds like bad news at first is that just like there's nothing wrong with you, nothing outside of you will ever make you feel better because you'll never be able to change, you will never be able to get a different outcome without changing your brain.

Speaker 3 ([00:34:55](#)):

Your brain is what has to change rather than other people, different job, different. If you only had different parents, if only you had a different partner, if only you had different friends, right? Changing any of those things, the ones you can change will not solve your problem. What you have to do is change your brain. So in this training, I've been able to teach you the high level concepts, right? That why your brain is working the way it is, what you've been doing that isn't gonna work for you and what you would need to do at a higher level conceptually to change this, right? So you understand now that your brain is acting the way it should act. Given evolution in society, it's acting in a natural way. Given those systems impacting it, you understand that even though this is very normal for those reasons, it will not resolve itself.

Speaker 3 ([00:35:49](#)):

So there's absolutely nothing wrong with you. But that also means that there isn't something inherently wrong with all the circumstances of your life and changing. Those are not going to change it for you in order to really drill down. If this has resonated with you and you want to actually learn in detail what's going on in your brain and how to change it, then what you need is the relationship anxiety solution. The relationship anxiety solution is a concrete process that you can use to stay chill, regain control, and enjoy any relationship. So this is for those of you who have listened to this training so far and have seen yourself in it, it's resonated with you and you really want to take on that empowerment and responsibility of changing your own brain so that you can feel better and that you can change these relationships in your life.

Speaker 3 ([00:36:43](#)):

So the relationship anxiety solution is the in depth process that goes way deeper than I can go in an hour long free training and that is available inside the clutch. So the Clutch is a monthly feminist coaching program. It is where I teach and coach all areas of women's lives with the same lens of understanding what society has taught you to think and how evolution has impacted your brain so that women can in every area of their lives create more empowerment and more confidence. And that includes all of the relationship anxiety that we have been talking about here today.

Speaker 3 ([00:37:26](#)):

I think my student Lindsay summed it up so beautifully when she said, Thank you for teaching me Freedom Society, my family, friends, and my thoughts have given me so, so much anxiety around dating and marriage. I feel free from the fear of divorce and I no longer feel trapped in my romantic relationships. Thank you. This is really what it's all about. It is about freeing women from the sort of prison of their minds that have been created by the socialization around dating and relationships. When you join the Clutch, you get all the tools and concepts you need to solve relationship anxiety. So if you've liked this training, this was this bite size portion of it, we go in depth into different areas including relationship anxiety, there's audios, there's me teaching in audio form, different concepts and tools. There's a workbook that takes you for every course we have.

Speaker 3 ([00:38:23](#)):

There's a workbook that takes you through what to do with your thinking in detail to change it. We have live coaching and 24 7 support. So it is completely natural as you're learning this stuff and applying it, you have questions about how it works for your specific brain. And so we have a multitude of ways to get coaching and support. We have live coaching calls, we have written coaching where anybody can write in to get a coaching answer at any time. We have a Facebook community that's totally optional, but if you like peer support and coaching, we have that as well. So there's all these different ways to have interactive conversations and support around your relationship. Anxiety. We have a community of kick ass women for advice and accountability because studies show that when you are trying to change something like a thought process or any kind of habit, you want to have a community around you working on it too.

Speaker 3 ([00:39:19](#)):

That is that magnifies and multiplies, that's the word I was looking for, multiplies your chance of success. And so we have courses that help you transform any area of your life and we have multiple courses on relationship anxiety in different areas of your life. This is your only chance to join the clutch while we're closed to the public. So if you are someone who's been listening to my podcast and you have been kind of thinking about joining or you just watched this and had never heard of me before and you're thinking like, Well this sounds good, but let me look at it again next week. We only open to the public twice a year. So every six months is when we generally let in new members because you have just found this training when someone finds our work for the first time or finds a piece of my work for the first time, finds a training for the first time, I know that that can awaken that desire and commitment to actually change in that moment.

Speaker 3 ([00:40:15](#)):

And I want you to have a chance to do that. Of course, I don't want to blow someone's mind by teaching them about their thoughts and then tell them they have to wait six months to change their life. So because you watch this training, the clutch is open for you for a limited period of time, but we are not always open. We generally are only open every six months. So if you are interested, you wanna complete finish watching this training because this is your chance to join the clutch while it's closed to the public. So what you're gonna do next depends on which of these three things you are. These kind of three animals, you are clever chick on the fence or the lone lizard. So as I'm talking, I want you to listen and figure out which one are you so you know what to do next.

Speaker 3 ([00:41:01](#)):

If you were a clever chick, you heard this teaching, you've heard about the clutch and you are all in, you want to change your relationship anxiety for good, you are ready to level up. You are ready to take responsibility for the outcomes in your life and create different ones. And you really want to feel that incredible freedom and kind of self authority in your relationships. You want to feel confident and secure. So if that's you, then you're gonna join the clutch and that you're gonna click that link in that upper corner of the video. Right now we have an orientation call regularly with our community manager for people who are coming in. You'll get that information sent to you when you sign up. You will get started on the right foot with a thorough overview of everything in the clutch and how to do it.

Speaker 3 ([00:41:48](#)):

So when you join the clutch, the first thing that happens, you go through a brief orientation and then you get access to the feminist mindset fix course. So that is the first module that everyone gets. It's a self-paced stu self-study course where you learn how to change your thinking, you learn how to identify what you're thinking, you learn how to practice new thoughts, come up with new thoughts, believe new thoughts. Everybody gets access to that when they first join the clutch. Because you are watching this training and because I know you really want to work on your relationship anxiety soon, just because you're on this training, we are unlocking as a bonus instant access to one of our two relationship anxiety courses. So when you go to sign up and you click that link that's showing up in that upper corner of this video, you get to choose if you wanna unlock the romantic relationships course or the friendship and social anxiety course.

Speaker 3 ([00:42:44](#)):

The way the Clutch works is that usually each month you get to unlock a new course. So everybody does that, does that feminist mindset fix course first where they learn to coach themselves and then you get a credit each additional month that you stay to unlock another course because you're doing this training, we're gonna let you unlock one of those courses right away. So you're getting two courses in your first month when normally when you join the clutch, you only get that first one. You can always unlock the other relationship anxiety course at a later date. So if you choose to work on romantic relationships first, you'll be able to choose to unlock that right away along with that feminist mindset, fix first course and then later on you can always unlock the friendship and social anxiety course if you want, or vice versa. If your anxiety is around work relationships more, then unlock that friendship and social anxiety course as well.

Speaker 3 ([00:43:34](#)):

And then we have other modules you can unlock, other courses you can unlock later on around other aspects of stress at work, money mindset, imposter syndrome, that kind of thing. And then as you go through the clutch, you get to decide how long you want to stay. The Clutch is a monthly coaching program and it is always up to you. It's never my job to tell you how long you need to be. Here it is. Some people stay three months, some people stay three years, it's totally up to you. And each month you'll be able to unlock a different course on a different topic and you'll get to join our community of like-minded women. There's no whining, there's just the work. We have possibly the only online community in which everybody is there to change their thoughts and improve their lives. And there's no judgment and there's no other people telling you what to do and there's no drama.

Speaker 3 ([00:44:28](#)):

There's just incredible work. So if you are a clever chick who's feeling ready to join, I also wanna introduce you to your clutch guides. These are my incredible clutch coaches who I have hand trained in my feminist coaching techniques, Natasha or Tasha, Alana, Anna, Rachel and Clarissa. And they will be there along with me in the clutch to help you on live coaching calls to answer your written questions. They're in the Facebook group. They are there to help make your experience as transformative as it can be. So when you join the Clutch, what you are getting is a step-by-step training for up-leveling any relationship in your life. You're getting to unlock two modules right away, two courses. Even though normally people only get to unlock just that first one, you're getting access to live coaching 24 7, support a community of kick ass women and resources to help you overcome any challenge and create any outcome you want in your life.

Speaker 3 ([00:45:28](#)):

And this says \$10,000 program value because when I used to teach a small coaching group, it used to be \$10,000 for the group, it was a six month group for 10 grand, and I taught the same content that is available in the clutch for \$97 a month. And actually I taught earlier versions of it that weren't as good <laugh>. So what you were getting in the clutch is my most up to date work. We actually redid the entire clutch recently. I reworked all of our courses, updated them, put in all my newest, most cutting edge teaching and coaching. All of that is actually way better than what I used to teach in my small group six month program that was \$10,000. And the clutch is \$97 a month. It's a bargain. So if you are on the fence, you're not sure if you wanna join the clutch.

Speaker 3 ([00:46:23](#)):

Here's what I want you to know. If you are thinking things like, I've tried to change my life before, what if this doesn't work? I don't wanna spend money, I'll regret. Congratulations. You have a normal human brain <laugh>. Your brain is used to thinking about everything that might go wrong. That is natural. Human brains literally have a bias for the negative. This is a documented psychological bias. What that means is that it's very easy for our brains to think about everything that might go wrong and that it's actually quite challenging for many of us to think about what might go. But if you want to change anything in your life, you have to think on purpose about what might go right. You need to consider both possibilities to make a truly informed decision. Just worrying about what might go wrong is not an informed decision.

Speaker 3 ([00:47:16](#)):

You have to think about what might go. And that means you have to start practicing believing in yourself. That doesn't come naturally because women are socialized to do the opposite. We are socialized to doubt ourselves. We are socialized to judge and criticize ourselves. We are socialized to tell ourselves that we get one chance to do anything right. And if we don't do it perfectly the first time, then we're bad and wrong and we should just give up. So you have to practice on purpose thinking in a different way. And that starts with this decision. I cuss people all the time on their kind of fear or worry that if they join the clutch or if they do anything else in their lives, they won't follow through. What if they don't follow through? What if they don't do it perfectly? What if they aren't committed? And what I always say is it's not useful to worry about what if you don't do it perfectly.

Speaker 3 ([00:48:10](#)):

Let's just assume that you're not gonna do it perfectly. And then let's decide what to think about that. My thought for myself is that I will always give myself as many chances as I need to grow and change

and improve my life. There are so many people who have tried to do something many, many times and failed before they were able to do it. Whether that's running a marathon or getting sober or finding a partner or succeeding in business. So many people have found that they had to fail many times before they succeeded. And I want that to be the story of my life in any area that I'm working on. So I give myself as many chances as I need and that's what I recommend and that's what I teach you to do as well. So when you're thinking, what if I don't follow through?

Speaker 3 ([00:49:01](#)):

What if I'm not committed? Just know that's a perfectionist. That's sort of this fantasy of doing it perfectly. You don't even know what that might look like and your brain's already telling you you might not do it. So rather than let that be a reason not to do anything, let's just assume ahead of time you won't do it perfectly. And practice believing that you, like anyone else, deserve as many chances as it takes for you to change your life, for you to get it right, for you to show up for yourself. That's the way to think about this. The other thing that can kind of get in the way when we're trying to decide something going in on our mental or emotional health or investing in something that we really want or would be good for us, is that paradoxically we may have low self worth or no self love that makes makes it hard for us to do things that are good for us.

Speaker 3 ([00:49:50](#)):

So you may feel like you don't deserve to invest in yourself, or it's selfish to spend money on yourself or you should be able to do it on your own. And so even though actually this is something that would help you and be good for you, it'll be harder for you to do that because you secretly don't believe that you're worth it. But that is society's voice. That's not you. Right? Society teaches women to spend their time and their money and their energy on everyone else. And advertising teaches you to spend money on products and objects for temporary relief. So you keep buying more and you know can't see me, but you saw the photo at the beginning. I like a nice piece of jewelry and a good red lipstick. There's nothing wrong with spending money on things that you like and love, but advertising and capitalism really teaches us that the solution to an emotional problem is always to buy an object, right?

Speaker 3 ([00:50:46](#)):

It's to consume. And that's not true. The solution to an emotional problem is to learn emotional skills. And that is what you're learning in the clutch. It is totally normal and to feel self-doubt, right? And this is actually truly a lesson that's not just about joining the clutch. This is about anything in your life feeling self doubt has no relationship to whether or not a decision is a good decision. Feeling self doubt is just a symptom of having been socialized in our society. Like your brain produces self doubt about whether to buy a house and about what to have for lunch. Your brain produces self doubt about anything that's not actually a sign of whether something's a good idea. That's why it's totally fine to feel it, but it's not okay in my book to let yourself doubt be in charge of you and keep you from improving your life.

Speaker 3 ([00:51:41](#)):

Because that's how society wins and that's how you never get to change or evolve. Cuz your brain will always have doubt about everything. So a way to kinda get around this in your brain is to ask yourself, If I believed in myself and I felt worthy, then what would I do? Or if my daughter or my friend or my sister or my mom wanted to invest in herself, what would I say? Right? If they wanted to join the clutch, what would I say? That's how you can access the standard that you would use for someone who you believe deserves a chance to change their life and be happy.

Speaker 3 ([00:52:17](#)):

So there are great reasons to say no to joining the clutch today. It's not for everybody. If you feel confident you can change your brain on your own, that's a good reason you go do it. Go and make that changes, and that is awesome. If you don't recognize your brain and what I've taught you today, then this is not the right fit for you. If this doesn't resonate and you're still watching for some reason this is not the right fit for you, that doesn't mean everything has to resonate a hundred percent. Obviously, it's normal to have questions about what I said or objections or concerns. When I trained as a coach, I asked my teacher 700,000 questions, <laugh>. So that's different. But if nothing I've said has resonated with you and you don't recognize these thought patterns at all, then the clutch is not the right match for you. If you truly cannot afford it, if you need your money to pay rent or buy food, then that's what you should do with it, right? I would never tell somebody Coaching is really important and will change your life, and it impacts how much money you make in the future, but it is not more important than feeding yourself and having a home.

Speaker 3 ([00:53:21](#)):

Here's the worst reason to say no today. The worst reason I say no today is because you have some doubts or fears because that just keeps you operating from fear and limited imagination for the rest of your life. And that's how society teaches us to keep ourselves small, that we're not allowed to do anything big or go all in on ourselves or make any decisions unless we feel perfectly sure. But society has taught us to never feel sure about anything. So it's a vicious cycle. All right? The third group of you, the lone lizard, if you are doing it on your own, if you know don't wanna join the clutch and you wanna change this on your own, here's what I wanna be really clear about with you. The worst thing you could do would be to get off this training, telling yourself you're gonna work on it, and then not do that.

Speaker 3 ([00:54:08](#)):

If you don't wanna work on this area of your life, fine, God is blessed. Go on your way and if do wanna work on it and you're gonna join the clutch, amazing. And if you wanna work on it and you're gonna work on your own, then commit to that. But don't tell yourself you're gonna work on it in this vague way and then get off the training and not do anything because that's what actually erodes your integrity with yourself, right? So be clear if you're gonna do it yourself. Anything in life requires time, money, or effort, some combination of those three things. So if you don't invest financially, you need to spend more time and more effort, right? When you can inv and when you can and choose to invest financially, you are paying to skip some of the time or effort because my team and I have put all that time and effort into creating the most streamlined, most efficient and most effective way to work on these issues.

Speaker 3 ([00:55:01](#)):

But if you're not gonna invest the money in that, then you gotta figure it out for yourself. So you wanna go into that like clear eye to be clear with yourself. Doing it on your own requires self-accountability, overcoming overwhelm. You gotta create your own structure and you gotta be ready to answer your own questions. So if you're doing this on your own for free, what I want you to do is make a list of podcasts to listen, to find a friend, to listen and discuss. Make sure that you guys are accountable to each other, that you have a regular schedule for that. Take notes and practice coaching yourself based on what I teach over the different podcast. Put that together, right? You gotta do some active work there. Leave comments on social media posts to get a little bit of community back and forth and see what other people are thinking.

Speaker 3 ([00:55:44](#)):

If you're in the clutch, if you are one of our clever chicks you were gonna use, here's what you're gonna do. You wanna use ask the coaches. That's where you can get written coaching, right? You wanna use the private Facebook community if you want. I know people, Facebook is very polarizing for people. Some people don't like it, don't wanna be on social media, that's fine. We have a beautiful membership website where all of the coaching and teaching is the Facebook community is just for people who want community. And you can also create a kind of anonymous or funny named or different name Facebook account to use just for the clutch if that's what you wanna do. And you can always just email my team and let us know about that. But either way, you're gonna use ask the coaches, you're going to use our private.

Speaker 3 ([00:56:29](#)):

We have so many resources that are not even on here. We have a private podcast just for Clutch members. We have like a hundred episodes of me answering questions. In coaching. You're gonna use that. You're gonna use the courses on the different topics. Starting with relationship anxiety. You're gonna use the live coaching calls, right? You're gonna use the feminist mindset fix to learn how to change your thinking. You're gonna use the modules on relationship anxiety to work on your relationship anxiety. And then for accountability and structure, even more structure if you want, you can get an accountability partner. We put up post at the Facebook group for people to do that. Or you can join a coop, which is a student led group inside the clutch. We have coops that focus on all different topics and kind of populations in the clutch. So this is what I want you to imagine.

Speaker 3 ([00:57:15](#)):

This is the life that you can create when you use your brain to create a different relationship with yourself, which is what you learn in the relationship anxiety solution. You'll learn how to feel secure and confident no matter how the other person behaves. You will know exactly how to draw healthy boundaries and have your own back and you'll know how to create more ease, love, and connection in any relationship. That is what we do inside the clutch. And I wanna remind you that today only if you join today, you get instant access to the Relationship Anxiety Solution course of your choice. You can pick to focus on dating and romantic relationships or friendship and social anxiety. And you can always unlock the other one right next month or the month after. You got these courses that are complete with audio lessons, workbooks, additional resources. We have segments of me coaching people.

Speaker 3 ([00:58:11](#)):

We have bonus trainings by other expert coaches. Every module has everything that you need to work on and solve that area of your life. You'll get instant access to a member's only private podcast with q and a episodes to answer your relationship questions. And of course you get access to the feminist mindset fix as soon as you join, which teaches you how to coach yourself on any area. And this is just a few examples of the different kinds of trainings we have inside the Clutch, the different modules and courses, work in money, nervous system regulation, your body image, eating and exercise and self-love. We have many more as well. Plus you get that curated library of courses, the monthly live coaching calls you get, Ask the coaches, which is for written coaching podcast episodes, and community support and investment. And like I told you before, a hundred percent true when I taught a high dollar coaching program, this content except not as good <laugh>, the previous versions of this content when I was a newer coach were a \$10,000 investment.

Speaker 3 ([00:59:17](#)):

But in the clutch, the most updated cutting edge versions of my work and all of these topics are only \$97 a month. So I wanna give you an example of what this can look like when it really changes for you. That is not a fantasy. That is like reality. So my student, Maureen said a few days ago, I received an email with negative feedback in it. I did a bunch of self-coaching, which was just what you learn in those courses. I felt my feelings, I processed them in my body. And two days later I felt totally fine. And a year ago, this would've ruined my month. There's a reason I chose to share this with you. To me, this is a huge win. Some coaches would share with you some kind of testimonial that said the person never ever felt bad ever again. <laugh>, That is not what I want to teach you.

Speaker 3 ([01:00:07](#)):

And that is not what I would ever offer or promise someone. I wanna teach you how to have a resilient emotional life. That doesn't mean that you'll never ever feel bad. It means that when you do feel bad, you know how to handle it. You know how to process the emotions. You know how to change those thoughts. You know how to get outta that spin and outta that cycle so much faster. And you know how to let something that would've ruined a whole month or whole week only feel bad for two days. And this is in the beginning. Then you go on and then eventually when you've done enough of this work, you end up where I am, which is that I almost never feel anxious about any relationship. And when it very occasionally happens, I know what to do to resolve it. But this is one of those steps along the way that is so worth celebrating and that's what is accessible to you now sooner than you think.

Speaker 3 ([01:00:57](#)):

My student, Michelle wrote to me that as a clinical psychologist, she loves loved the practical application of evidence-based principles. And for \$97 a month, she said she'd gotten more from it in the last three weeks than she did from years of psychotherapy. And this is something she wrote when she had not even finished the first month yet. So that is how powerful this work is. Society teaches us to spend our money on makeup, clothing, food, booze, whatever else we're taught to consume and self-medicate the effects of patriarchy away the effects of society, away, the effects of our insecurity. We're taught to buy things and to numb ourselves out, to help us try to survive a society that tells us that there's something wrong with us and that we're not good enough every day of our lives. But that is why I believe that the bravest most important thing you can do as a woman is invest in yourself.

Speaker 3 ([01:01:53](#)):

The most radical thing you can do is invest in yourself. And we don't all wanna be radicals in the political sense, but in a personal sense, it is radical to give a shit about your own emotional and mental health as a woman. And that is important, right? Because the status quo depends on you putting yourself last. A world in which women don't get a fair shake and don't have equality, and have laws made that govern what they can do with their bodies and where women are doing disproportionate shares of the housework and the childcare, even with both partners work and where they're sexually harassed, all a world in which we're dealing with all of these challenges, that whole system operates and depends on us cooperating with it, right on putting ourselves last, on agreeing to be the last thing that matters on agreeing with society, that our mental and emotional health is the least important thing in our lives.

Speaker 3 ([01:02:48](#)):

And to that, I just say, Fuck that noise, right? That entire system of thinking is not designed for your benefit. You have to make your own life amazing. Nobody else is gonna do it for you. But that's actually

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such an amazing gift. It's such a good thing because it means that you have to step up to make your own life amazing. And that feels like it sucks sometimes, that it's our responsibility, It feels unfair. But once we do it, once we actually step up and take that action, then we feel fucking invincible because we know that we can create whatever outcome we want in our lives. And we know that what we can create for ourselves is not determined by society or our family or our bosses or our parents or our kids or whatever else. What any circumstance that we might believe is holding us back. It's so much better than if somebody else came along and changed your life for you. Because in that fantasy, you would always be dependent on them. And in this reality, you only have to be dependent on you to make an incredible life. That is what you learn in the clutch. And that is what I wanna invite you to come and learn with me. Click that link that is on this video or type this into your browser and I will see you there.