

Part four: Christian-ish: The Rules to Attract High-Value Men

Hey love. Welcome to Christian ish. This is the podcast for women who have Bibles but lack boundaries. My name is Keshia Rice. I am a dating coach and hypnotherapist, and I thought to end 2024, we were going to do something different by giving you something that very few women have heard before. So a little while ago I did a special training called Heart and it was all about how to attract a high value man. Now this training was done for a very small niche group and I recently got permission to share it more widely. And I think that as we end this year, it would be great to give you a chance to listen to this training, uh, hear all of the things that it requires to attract a man who truly loves you, cherishes you, and takes care of you. I hope that by listening to these trainings, and it is five days because each day spells out one of the letters in heart. Um, I hope that by listening to these, this will help you make your love list, um, as you end this year so that you can prepare to attract the love that you want to have in the new year. So we are going to end this year with five days of this heart training, and these are going out the week of Christmas. Um, Christian ish will not be airing for the last week of 2024 because I will be on vacation, but I will see you guys in 2025, so enjoy the training. Love you so much.

Hey, love. Welcome back to video four out of five on how to attract a high value man. I am Keshia Rice dating coach for Ambitious Women of Faith. And if you have not watched the first three videos in this series, please go back and watch those first. But we are talking about the qualities and the parameters that you need to have in place when it comes to going out and dating and attracting a high value man. Because yeah, a lot of dating coaches will tell you about how to dress or how to do your hair, how to wear makeup. And I'm not saying that appearances aren't important because they are, but if you don't have the right mindset and the right expectations, then you will never attract healthy love. You will never attract that cherished partner who is going to cherish you and protect you and provide for you and allow you to feel safe and allow you to thrive as you journey on towards your purpose.

So again, we've been talking all about the heart method and that is healing, which is the first video that we talked about. Expectations, attention and rules, which is what we are talking about in this video. So when it comes to the word rules, I don't want you to like recall and be like, I don't wanna hear about rules. That doesn't sound fun, that doesn't sound interesting. Rules are important and not in that like devil may hear rules were made to be broken, like seriously. Rules are important because in the case of dating and in the case and relationships, rules help us stay focused and they help protect our hearts as well. So here's what I mean by having rules. I am talking mostly about deal breakers, boundaries and standards. So I alluded to this a little bit in the second video when we were talking about expectations, but having boundaries and standards in place is so important.

Before you go out and date, you want to be in a place where you know what your boundaries and standards are, and you wanna be confident in those so that you can communicate those and set the right expectations for their relationship. So you may be wondering what are boundaries and what are standards? So boundaries are emotional, digital, physical aspects of relationship that you need to have in place in order to feel safe. So an example of a boundary is I won't have sex before marriage. Another example of a boundary is I'm okay with hugging and kissing, but I'm not okay with doing that in public. I don't like PDA. Um, another example of a

boundary, a digital boundary would be, I don't wanna follow you on social media or I don't want you posting, you know, these types of pictures and I don't mean someone controlling you and telling you that you have to like censor how you dress or how you talk and things on social media.

I'm talking about if someone, for example, um, my husband and I have talked about this where obviously married, we want to have children and I've said that a boundary for me is I don't really see us like posting pictures where we show our kids faces very often. So that's what I mean by like those types of pictures. Something that protects your partner's privacy needs or that protect your privacy needs. For example, if you're in a certain type of career where you don't mind close family and friends knowing what that career is, but you don't really want it publicly out there, then that could be something. Um, there was a period of time where I didn't tell a lot of people that before I was a dating coach, I used to be a journalist and I worked specifically in TV news. There was a time where I didn't talk a lot about that because honestly, people were annoying.

They would wanna constantly pitch news stories to me or they would want me to introduce them to certain people on tv. So, you know, during that time period when I dated men, there were men who would go with me to say a workplace event. And I'd ask, Hey, can you not post pictures of the two of us together at this event? I don't care if you post a picture by yourself there. Um, just don't include me because I don't want people bothering me like that. So those are the types of boundaries that I mean, um, also boundaries as far as personal space. So I mentioned this in the expectations video, but if you're the type of person who can't deal with someone constantly texting you all day, you find that anxiety inducing or overwhelming, then that's a boundary that you would set. Standards on the other hand, are certain things that are bare minimums in order for you to date a person so you won't date someone who smokes.

That could be a standard. You won't date someone who isn't committed to learning, that could be a standard of yours. Um, you don't date someone who doesn't have similar values as you do. That could be a standard of yours. Um, a standard could be that you only date men who follow through and who are consistent. So if a man says that he's going to call you, you expect to receive a phone call from him at the day and time that he says that he's gonna call you. Those are your standards, those are your baselines for what needs to happen in a relationship. So when it comes to rules, starters, set your boundaries, set your standards, and then also implement some rules in place in order to keep you healthy and feeling safe in the dating relationship. So one of those rules could be that you don't allow a man to pick you up on dates unless you've been going with this person, dating this person in a relationship with this person for a certain period of time.

One rule that I actually like to ask my one-on-one clients to set is that they will always give the man the second date, and I say this because oftentimes the first date can be incredibly awkward because people are just nervous. Um, things happen. So it's on a second date that you really give the person chances to like calm down, to like be a little bit more them, a little bit more authentic. And of course there are exceptions to that. So if someone shows themselves to be abusive or have anger issues or they say something misogynistic, then no, you don't give them second dates. But, if it's just someone was awkward and like you're like, no, I'm not really feeling this, then it's totally worth it to give a second date. Another rule could be about those boundaries, um, and about those deal breakers. So I often encourage my one-on-one clients to

have a strikes rule or a time period rule so they're in a relationship with someone and the man starts to do certain behaviors that they find unacceptable behaviors that go against their standards or their boundaries.

So I say, Hey, then why don't you set a three strikes rule like baseball? You know, he does this one time, you have a conversation with him and you say, I feel disrespected. This is why I feel this way, or I'm not comfortable with this situation and this is why I am not comfortable. And he breaks that rule again. So you talk to him again. If it happens a third time, then you end the relationship, you leave. Or you know, I have coached women who they were in a relationship for a long period of time. So when it comes to getting outta the relationship, you know, things have changed over the course of time. They feel like the man is no longer, um, as committed as he was before, or they feel like maybe, um, themselves and their partner, they've just kind of drifted apart.

Then sometimes a time period is best. Okay, actively do your part in the relationship. So don't slack, but give it say two weeks. Give it say a month and actively do your part. So you show up, you try to communicate, you have healthy discussions, um, you love on your partner a little bit at strung and show them that you're there and that you're committed. And if at the end of that two weeks, the end of that month, whatever the time period that has been set, if you're seeing that that behavior hasn't changed, then not only do you leave because you're a woman of integrity, so you keep that integrity to yourself, you do what you say you're gonna do, but also you're able to leave without feeling as guilty or without wondering what if. Because you know that during that time period you truly gave your all to the relationship and that you, you did what you could to make it work.

Sometimes it's just not meant to be. But having those rules in place allow you to be more comfortable. And in the event that a relationship ends, it allows you to go into the next relationship more confident because you know that you truly try to make the relationship work and that you put in the effort. Um, so there isn't that wondering about like what could have happened. One of the best lessons that you can learn in relationships is that closure often has nothing to do with the other person, you often will not get closure from going to a person and asking them what happened or why did we break up? Um, oftentimes we won't get an answer, and if you get an answer, the person will be lying. So knowing how to get closure within yourself, as in you did the best that you could, you tried as hard as you could.

If you are healing from things and dealing with issues that you got help, then oftentimes that's the closure that you need. So again, when it comes to these rules, know what your deal breakers are, know what your boundaries are, get comfortable talking about those because these boundaries often don't just apply to romantic relationships. You know, again, for me, having someone who text all day long was seen to me as an inconvenience because I have a very busy schedule, and that wasn't just a romantic thing, that was friends as well. So I had to have those conversations with my friends, like, Hey, I love you and yes, I saw the message that you sent me earlier today. I'm just really swamped with work right now, so I will get back to you. Having those conversations with my friends made it so much easier to have those conversations when I was dating. So set those boundaries and practice those boundaries. Know what your standards are, and also decide what other rules you need to have in place in order to

feel comfortable and safe in a relationship. So in the next and final video, we will be talking about the T in heart, and that is tenacity. So I will see you in that video.

This podcast is brought to you by Contessa Digital.