

Episode 188: Christian-ish: Fixing Your Attachment

The biggest reason why women struggle with cycles of unhealthy relationships is because they are too attached to the wrong things. And if that is you, then we're gonna talk for a few minutes about how to shift that attachment, why it's so important, and how making this shift is going to help you finally attract the right partner into your life. So 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. I am also a hypnotherapist. And I help women learn how to break free from their unhealthy relationship patterns and build new ones so that they can attract healthy relationships. And this whole idea of creating the right attachment, you know, I was talking to a friend and the topic of like bible studies and, and different, you know, just studying different verses came up and she was asking me what my favorite verse was.

And I was telling her that my favorite Bible verse is Psalm 139 and 14, I believe that's it. Um, and is, you know, I praise God for I am fearfully and wonderfully made. And she laughed and made a comment about how, of course that would be my favorite verse, because it's a verse talking about how great I am since I'm fearfully and wonderfully made. And we laughed about it. But the thing is, is that this is one of the biggest issues that I see when it comes to women finding themselves being taken advantage of in relationships and not just romantic relationships, because all relationships are related. So if you show me someone who is struggling with romantic relationships, whether that's being in a relationship, but being treated badly or having issues with attracting someone at all, this person usually also has some struggles with family members, with friends, um, on the job if they're an employee, or with clients if they're an entrepreneur.

Because again, all relationships are related. If you can't set boundaries with your parents or your brothers or sisters, you're also gonna struggle with setting boundaries with a potential romantic partner. Um, if you have a hard time prioritizing yourself, voicing your needs, communicating with other people in your life, you will have those issues when you're dating as well. If you struggle with people pleasing tendencies with family members or friends or on your job or whatever, you are gonna struggle with that in romantic relationships as well. It's, it's all related. And oftentimes there's this lack of confidence that permeates throughout the lives of some women that makes it difficult for them to be in health relationships. And I, I'm not trying to knock any woman down when I say this, which is why I'm, I'm kind of talking slowly a little bit because I, I want to make sure that when I talk about this, I'm being clear and not condescending or again, not putting anyone down.

But, you know, we're in a society where women are conditioned to put the needs of others first, where women are conditioned to put their self-worth and their self-esteem into outside forces, into their hair and makeup and clothes, and into whether or not they have a man into whether or not they get attention from men when they go out into how many compliments they get in a day. Into how often someone says, I'm proud of you, or I love you, or I care about you. And again, you know, my friend joked about me loving the, I'm fearfully and wonderfully made verse, but that verse is so important to me because as someone who had those struggles in my, like early twenties with self-esteem and self-worth, that verse is reminder to me about the importance of remaining confidence and also knowing where my confidence comes from, right?

Um, I know that I can be confident in the God, I know that I can be confident in myself because I was created to be great, to be special. I was created to love, but also to be loved. And knowing that that means that I don't accept any kind of treatment, right? <laugh>, um, that means that I keep my boundaries enforced and I keep my standards high because I know that, you know, I was created by a powerful and loving God. I know that I deserve the best. And I know that that means that not everyone deserves access to me. And that also means that when I'm receiving treatment that isn't God's best for me, then it's time for me to walk away. And that brings me to what you should be doing to change the way that you attach to people. Because again, in a society where women are conditioned, and I want to be clear that this is conditioning all throughout our lives, especially throughout our girlhood, but even into adulthood. And this is not something that, you know, we're born this way. It is different messages over the course of our lifetime that we have to be sweet and meek and mild and to make others happy and to take care of other people's needs.

And that conditioning teaches us to attach to other people's perceptions of us. So if our parents didn't treat us well as children, it is because something's wrong with us, right? And we get older, we form different relationships. And if a so-called friend is mean to us, it's because of something that we did. We start dating, we get into romantic relationships, and if the man isn't treating us right, it's because we don't know how to communicate or we didn't treat him well enough, or we are not being patient enough. And this causes all kinds of problems with cycles of unhealthy relationships, and it also causes us to attach to other people in order to feel fulfilled. So obviously we can't be a great person unless someone validates us, unless someone tells us that we're smart, that we're pretty, that we're great, that we're good at what we do, that we're a good friend, mother, daughter, sister, whatever. And instead of getting your attachments and your validation from other people, I want you to really start working hard on getting that from yourself. And you're gonna do that by changing your attachments and making it about you.

So when people treat you well, it is because you deserve it, and you are that good if you are in a romantic relationship or if you are dating, getting to know someone, someone is consistent with calling you because you are so interesting and they wanna get to know you better. Someone gives you gifts because you deserve gifts. Someone prioritizes you because you deserve to be prioritized. And I want you to really get that and really internalize that because too often what happens is women get into relationships and they will go on and on about how great the other person is. So

I,

Jim Bob is, gives me gifts because he is so great. Jim, Bob is so consistent because he is so great. Jim, Bob prioritizes me because he is so great. He's such a great boyfriend, he's such a great husband. And don't get me wrong, the person that you're with may indeed be a good person. Like you should only expect, sorry, I had to take a drink of water. You should only expect to be with a good person, right? You should only expect to partner up with a great man. But at the same time, if you put so much emphasis into what other people are doing for you, then it's easy to find yourself in situations. For example, love bombing, where you will get with someone who will be great for the first two, three months, they will be the most amazing partner in the world. And then once they think that they have you, the real, then they come out and they are no longer treating you as well, they're no longer being so nice. And when you place the

attachments on yourself, you understand that sometimes that happens and it's just time for you to move on because you deserve great treatment.

You deserve to be cherished and prioritized. So you will move on and, and find that from someone else. Whereas when you have your attachments in the wrong place, someone will love bomb you for a couple of months. And then when their true colors shine and they're no longer treating you as well, you start to, because you've attached to that person, you start to blame yourself for something that was never your fault for something that you never did. And it makes it harder each time you do this to be able to move on, to be able to put yourself back out there again, and to be able to find someone who's truly and permanently going to treat you the way that you deserve to be treated.

So from now on, I want you to make your attachments all about yourself. If someone is treating you well and in your relationship, 'cause remember all relationships are related, your response to that needs to be, of course, I am being treated well because I deserve to be treated well. And if someone is giving you an experience that you don't like, then your answer needs to be, I do not deserve this experience. Therefore, I am moving on from this relationship, whether that's we're talking about a romantic relationship, in which case just leave him move on. Or if it's a situation where you can't exit that relationship immediately, so maybe this is family members, um, and you aren't quite willing to go no contact yet, or this is a job where I get it. In this current job market, yes, I would tell you to leave your job, but maybe right now that means that you start looking for another job while you hold onto the one that you have and wait until you get a new job before you leave.

Um, or whether that is a friend who is not treating you well, remember, I don't deserve to have this experience. So you are going to distance yourself from the experience. Again, that can be cutting a person off completely. That could be limiting access. So that means that you don't talk to this person as often. You set stronger boundaries and you enforce those boundaries. But the attachment is to yourself. Now, how other people treat you is going to be a function of how you allow them to treat you. So once you are attached to yourself, people treat you well because of course, you are that girl and you deserve it. And the people who don't treat you well, no longer get to experience all the amazingness that is you. So let me know that you are dedicating yourself to, again, attaching to yourself and no longer being in the passenger seat of your own life and becoming the main character. Um, if you enjoyed this episode, if can leave a review on iTunes or Spotify, or you can let me know that you enjoyed it in the comments. If you're listening on YouTube, uh, because you making a comment helps increase the reach of this so that other women can also hear it. Um, and it lets me know like what you're enjoying too, because I will use that feedback for, you know, more episodes. So I'll talk to you soon. Love you so much. Bye.

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