

EP 192: Christian-ish: Why Dusty Men Make You Ugly

This is a quick PSA, that being in the wrong relationship will make you ugly. Welcome to Christian ish. This is the podcast for women who have bibles but lack boundaries. And my name is Keshia Rice. I am a dating coach. I'm a hypnotherapist. I help women learn how to heal from their unhealthy relationship patterns and attract healthy, cherished relationships. So to this whole idea of healthy relationships, I have been having a lot of conversations lately about how the goal when it comes to dating and relationships, should not be to find a man, right, not to find any man. It should be to find a relationship that is a true partnership. It should be to find a relationship that elevates you, that makes your life better, that makes your life easier. It should be having someone who truly appreciates you and loves you and isn't afraid to show that love and appreciation, because the problem I see with so much dating and relationship content, and one of the reasons why I became a dating coach myself is because so much of what you see online right now is tips and tricks and psychological hacks to get amen.

And most of these tips and tricks are not discerning. Like, I'm not gonna say they don't work because there's so much content that you can look up on YouTube, TikTok, and podcasts, and it all actually does work, right? The problem is it will help you get just what it promises. It will help you get, man. Now that man could be decent, right? Um, or he could be trash, but amen. Nonetheless, and I have seen great evidence of this on TikTok lately because there's this trend that shows women and the women show how they look now, now that they have freed themselves from an unhealthy relationship and what they look like while they were in the midst of the unhealthy relationship. And the difference is night and day. You see these women who are looking healthy, their skin is glowing, their hair is flowing, they just look beautiful.

You know, now that they are out of that bad relationship, and then you see them looking, frankly, busted <laugh> while they were in the middle of the relationship. You see skin problems. You see that, you see hair that is breaking off. You just see women who frankly look a hot mess. And it's not surprising, honestly. There is a whole theory about boyfriend error and boyfriend error is this idea that something about being in a relationship with a man, the, the air surrounding him, his environment, whatever makes you uglier it, uh, makes your skin worse, it makes your hair worse, all of that. And here's the truth. When you are in a healthy, loving relationship, it shows when you are truly taken care of. It shows, um, there's a meme that I saw not too long ago, and it showed a woman who was dressed up. It was cartoon.

And on one side you see a woman who's dressed up and looking great, looking beautiful, great figure, all of that. And the next panel is her with her hair in a ponytail and kind of messy. And also she's, you know, a little overweight. Clothes are frumpy, all of that. And the joke was supposed to be how a woman looks before relationship versus how she looks after she quote unquote thinks she's got you and someone comments to correct that and say, no, this is how she looked when her parents were taking care of her, or when she was taking care of herself, versus how she looks now that you are supposedly taking care of her. And it's so true, when a woman is surrounded by love and she's in a healthy relationship, she blossoms, right? Um, there's nothing more beautiful than a woman who is in love and loved and cared for. But when a woman is in a relationship that sucks all of the energy and all of the life out of her, you see the effects of that. And we're gonna talk about three ways in which being in an unhealthy relationship makes you ugly. So number one, it takes a toll on your physical health.

Stress raises levels of cortisol in your body. And when you have higher levels of cortisol in your body, it can have actual unhealthy side effects, such as your heart rate being faster. So it's bad for your body, but it also can do things like interrupt your sleep patterns, which we know that beauty rest is a thing. So when you are stressed out over a man who ain't ish, um, you are going to have issues with your sleep. And that means that you're not going to get the rest that you need. That is gonna take a toll on your body. It's also gonna take a toll on your looks. Also, when we are stressed, it causes us to seek comfort. Um, it changes the chemicals in our brain and causes us to seek comfort in unhealthy vices. So that could be smoking, that could be alcohol, that could be food.

This is why oftentimes people who are stressed out, yes, sometimes people get stressed and they lose an unhealthy amount of weight, but more often people get stressed and they gain weight. So it is so important that we learn how to regulate our stress in general, but also to be very discerning about the people around us so that they don't contribute to that. And of course, you know, I always tell you that all relationships are related, that it's not just romantic relationships, but just family, friends, all of that too. But yes, if you are out here dating, if you are looking for your purpose partner, you need to make sure that you're with a man who's not gonna stress you the F out, okay? You know, God talks so much in the Bible about the importance of discernment and about how, you know, the company that you keep is so important.

I was reading, forgive me, I had to think what the, what the reference was. And it's, it's funny because it's the very first psalm, but, um, I was reading in Psalms, um, yesterday, I believe, and you know, that first song about, you know, blessed are the people who you know are in good company. And you know, the effects of people who are not in good company and how they're not on firm foundation is so true. When you, again, when you are with people who truly take care of you, people can tell that you're cared for. And when you are with someone who does not take care of you, you're really not much different than a plant. You know, we, we talk so much, we joke about like treating yourself like a plant in terms of self-care, that you need water and food and sunlight just like plants do. Um, but you need nurture just like plants do. So just like a houseplant doesn't completely nurture itself. You also need more than just the nurture for yourself, the nurture that you get from yourself. Excuse me. Um, so because of that, yeah, it's important that you surround yourself with people who truly wanna care for you.

The second thing is not just your physical health. It is your emotional and your mental health. So it's going to be hard for you to attract better in life if you are inside all the time depressed. And this is not to slam anyone who chronically deals with depression or, or has any type of chemical imbalance because those things happen. And you should seek whatever help you need, whether that is, um, therapy, whether that is, um, prescription medications to help regulate those imbalances, all of that. I'm not talking about depression in terms of something that is naturally occurring with you, within you because of, again, chemical imbalance or genes or anything like that. I am talking about the, the depression that comes from other people, from being around people who constantly drain your life worse and your energy, if that is the case, you need to get around, you need to get away from the people who are dimming your light because they are keeping you from accomplishing the goals that you have.

And also, again, they are making you uglier When you are with someone who is constantly putting you down and who doesn't treat you well, it affects your self-esteem and your self-worth.

And that will show in the way that you carry yourself. Confidence is one of the most attractive qualities that you can carry. So when you're constantly walking around with your head down, hunched over bad posture, it's not pretty and it makes you nowhere near as attractive as you could be. And then number three, dusty unworthy men will make you ugly because they cause you to neglect yourself care. When someone truly loves you, they want you to do the things that make you happy, and that includes your self-care routine. Whereas when you are in unhealthy relationships, you tend to be so focused on the other person and what they're doing, that you stop taking care of yourself as well, which means that, you know, maybe your hair was growing and it stops because you're no longer doing the things that you were to take care of it.

Your skin does not glow the way it used to. It's starting to get duller and drier because you're not taking care of your skin the way that you were before. You're not washing your face as often. You're not using all of the creams and things that you're using before. You know, I've heard ridiculous stories of women in some cases, you know, past clients of mine before they started working with me. 'cause of course, once we started working together, I got them right on this. But <laugh>, you know, past clients, past friends, acquaintances, whatever, who get in relationships and you know, they used to spend a decent amount of money on themselves, on skincare treatments, on getting their hair done and things like that. And they stopped because they got with a man who was dusty and broke and the money that they used to spend on themselves, all of a sudden they're giving it to a man who is trash to help him pay his bills, right?

This is actually where that whole idea of boyfriend error comes from. You know, if you ask where the truth in that might be, it's because, because if you are with a man and you're so excited that you've stopped having your own time, like for example, if you're constantly spending all your time over at his place, then yeah, you may be sleeping in his bed and he doesn't wash sheets and pillow cases often as you do. So it affects your skin. Um, you may be using his three in one shampoo instead of the actual good stuff. Or you may be at home and the two of you are in your separate places, but because you're talking with him on the phone all night, you end up not doing your nightly skincare routine. So yes, your lack of self care ends up making you less attractive. And you may think that this is all superficial. Like, you know, who cares about this whole idea of boyfriend air? And first of all, if you're already in a relationship, you, you have the man. So what's the point? But the point is, is that when you look better, you feel better.

And this doesn't mean you have to wear 50 pounds of makeup. This doesn't mean that you have to dress up all the time, although I have no problem with those things. And if you wanna do those things, then I'd say go for it. But even the little things like last year I went on a health and fitness journey and I lost 50 pounds. And I've, I've managed to keep that weight off. And I will say that one of the biggest differences for me is that even without wearing makeup, even when I am going outside in my workout clothes, because, you know, I go to Pilates six days a week. So at this point I pretty much live in workout clothes, <laugh>. Um, but even when I'm not necessarily the most dressed up, even when I'm not wearing a lot of makeup, even when I am in a ponytail, because again, I'm going to go work out, I feel so much better about myself, and I see the effects of that, right?

I see that even when my hair's in a ponytail, it is so much longer and smoother and shinier than it was a year ago. Even when I'm wearing workout clothes, they fit better than they used to. You know, all of these different things. And that has made me more confident and that has helped

me in my career. I have gotten so many more opportunities since I've lost weight. And I don't think it's directly the weight loss. I think it's just the fact that I'm more confident about speaking up for myself, about speaking out. I'm more confident about being in front of the camera. So it helps me when I pitch myself to be on someone else's podcast or in someone else's, um, summit or program, right? It helps my marriage because, you know, actually I'll say on both sides, my husband also went on a whole health and fitness journey last year.

Um, you know, he's more tone than than he used to be. He's healthier than he used to be. Um, and he sleeps better than he used to be. So he than he used to. So he's in a better mood. But also I think the fact that we both feel better about ourselves and are more confident just improves our relationship with each other. And it improved the relationship with myself as well, because it's the cycle of you start taking better care of yourself and you see the results, and you wanna take more care of yourself so you take even better care.

It has improved my confidence and it has also improved my boundaries with other people, which again, is this endless feedback loop of you get better boundaries, people treat you better, and then you feel better, right? So it seems like a little thing when someone says, oh, dusty men will, will make you ugly. Or there's a, there's a book by a TikTok creator by the name of Bourbon Bougie. And her, her book is called, uh, ashy Men will Make You Fat, I believe, when people say things like that, it seems trite and it seems like it's meaningless. But I want you to consider that these small things make a big difference. I also want you to consider that you are fearfully and wonderfully made. And as a woman who is fearfully and wonderfully made, it is your right and also your duty to embrace beauty and love for yourself in any way that you can. And the more that you do that, the more that you will attract more love into your life. So please don't waste your pretty on people who don't deserve it. I love you so much, and I'll talk to you soon. Goodbye.

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