

EP 222: Christian-ish Podcast: You're Too Emotional for a Relationship

I am going to say something and I hope that you are willing to put aside your triggers and truly hear what I'm about to tell you. And that is, if you are complaining about dating being a game and about people manipulating you, people being narcissists, all of that stuff, the truth is likely that you are just a little too emotional. And I'm not saying that because emotions are a bad thing.

I truly believe that you're supposed to feel your feelings, right? But at the same time, when your emotions go unchecked, you become vulnerable to people who will not have your best interests at heart. And that will lead to unhappy and unfulfilling relationships. So welcome to Christian-ish.

This is the podcast for women who have Bibles but don't necessarily have boundaries. My name is Keshia Rice. I am a dating coach.

I'm also a hypnotherapist. I help women break free from their unhealthy relationship patterns and to attract loving and fulfilling relationships. And I want to say that this whole idea of being too emotional does not mean I'm asking you to be cold or heartless, right? But there is a such thing as emotional discipline.

And as someone who grew up as a preacher's kid, who grew up Christian, a lot of the quote-unquote high-value dating advice I see for women nowadays is all about emotional discipline. And it is based in biblical principles. So let's talk about some of those, right? One of my favorite verses, not my favorite.

If you listen to this podcast often enough, you would know what my favorite is. But one of my favorite is Proverbs 4 and 23. And it says, above all else, guard your heart for everything you do flows from it.

And it's something that I talk to my clients about a lot when we're talking about boundaries is that I never want them to get to a point where they're putting up walls, right? Because you can't see through a wall. You also can't get in if there is a wall up, right? But I do tell my clients that they need to build fences because fences offer some protection. And fences, you can see through so you can see who is coming.

You can see who is approaching you. And then fences have a gate so you can make the decision to shut it and keep people who have proved unworthy out. Or you can open this gate and let people in.

And it is in this putting up fences that you are building wisdom. So let's talk about a few things. According to my notes, I have five or six.

And I say that because I wrote these notes a couple of days ago. And it's six things, but I might as we're talking, I might combine two of them. But anyways, let's talk about some of these ideas that I want you to keep in mind when we're talking about not being too emotional.

Because on one hand, your feminine energy is all about being present, feeling your feelings, being in flow. And those are beautiful things, right? But masculine is always a container for the feminine. So as women, we have both masculine and feminine energy.

And part of that masculine energy is learning how to regulate those emotions, learning how to funnel those emotions in a way that is productive, and not allowing ourselves to spiral. So when we talk about this whole idea of being too emotional, you cannot win in relationship if you allow your emotions to go unchecked. That is our first rule here.

Because when you get attached too fast to someone, you start making excuses for their bad behavior. You start overgiving, you start explaining yourself constantly to them, you start chasing them. And it is at the point that you're doing these things that your power slips away in the relationship.

This may sound harsh. Again, I mentioned at the beginning of this episode to please put aside your triggers right now. But men value the things that they earn.

They value what they work for. So if you allow yourself to be emotionally available to every single man who gives you the slightest bit of attention, they're not going to value that. Before you give anyone access to your heart, they need to prove their consistency first.

This is what dating is all about. It is during that dating process that you are checking for things like consistency. Does he call when he says he's going to call? Does he make plans days in advance? Does he follow through on those? Does he keep the plans that he makes? You know, there's all this red pill content now teaching men to ask women on a date to a nice restaurant and then at the last minute bait and switch them and say, oh, let's meet for coffee instead.

And then if the date goes well, if you earn it, then we can go to a nice restaurant. Men like that are trash. They will always be trash.

And when someone shows you who they are, believe them. Someone like that is always going to look for ways to get over on you. And if they're doing that on the first date, like when you meet people, they are on their best behavior.

They do everything that they can to keep up appearances. And this is not slamming other people because you do the same. You want to make a good impression when you first meet someone.

You meet a person's true self usually a few months in. So if you're starting out on that note of somebody pulling a bait and switch on you, it's not going to get better. And you have to keep that in mind because so many women I know will get into situations like that where the man isn't consistent and it's all, oh, he's just busy.

You know, he has a hard job. He just told me he forgot. He said he fell asleep and they don't want to end things.

They don't want to stop talking to this fool because they want to be nice and they want to give chances. And they think that if they just ghost this person and stop talking to them, that it's going to be cold and unfeeling. I want to tell you that it's not.

It is discipline. This is about you knowing your worth. You are worthy of someone who is consistent with you.

And you need to refuse to invest in someone who has not earned the right to hold your emotions or to have access to you. The other thing that we're going to talk about is how you maintain, I hate to use this word, but how you maintain power in a relationship. And I hate to use the word power because, you know, people are familiar with like Robert Greene and 48 Laws of Power and books like that.

And a lot of that is manipulation tactics. So what we're talking about, though, is not about manipulation. It is about self-mastery.

You have no control over that man. You have no control over other people in general, but especially not that man. But here's what you can control.

You can control your emotions. You can control the amount of effort that you put into the relationship and you can control your access to yourself. So, you know, back to the first point I was making, don't give yourself away too easily, physically or emotionally, because if something comes too easy, people, even if they don't consciously realize it, they will subconsciously value you less.

You know, this is one of the things where there's so much talking about sexual immorality and whether or not you're able to have sex before marriage and all of these things. And when I get asked about that, my thoughts are the Bible is technically the Bible is a spiritual book. Yes.

But if you spend a lot of time reading it, it is a lot of practical tips for a healthy and successful life. And that being the case, verses that talk about fleeing from sexual immorality, discussions on not allowing lust to take over. These are about not allowing yourself to get too wrapped up emotionally into relationships to the point where that relationship holds power over you and can destroy you.

This is about discipline, mental, physical, sexual discipline. And it is also about not allowing people to have access to you when they haven't proved worthy of it. And that brings me to my third point, which is valuing yourself in a relationship.

One of the most annoying things I see on social media, and I say this as a woman who is married myself. But one of the most annoying things I see is married women who come on social media and complain about all their problems. And it is very clear that they are married to a man who ain't ish.

And they will go on and on about how terrible this man is. And then when someone who says happens to be single, checks them on it and says, what's the point of you being in this relationship when everything is so terrible? Their response is, well, at least I got a man, at least I got a man. When you truly know your worth and your value, you will not stay in a relationship, marriage or otherwise, just to say that you got a man, just to say that you have someone.

Instead, what you want to do is commit only if and when there is mutual benefit and growth in that relationship. You know, there's there's a passage of scripture where even Jesus says not to cast your pearls before swine, right? And he's talking about not giving away something precious. In this case, we're talking about you to a man who's not going to truly appreciate that.

This is where I'm also bothered by the talk online about like stay at home girlfriends, because there are some of these girls who are in these situations who think that they're getting a great deal, that they're living with a man and he's paying the bills and they're not married. And whenever I see that, I question one, why does he not value you enough to marry you? Because if he truly loved you and valued you, then he will make a commitment. Point blank period.

But two, you are giving all of this access to you. So you're living in his place. Oftentimes, the stay at home girlfriends are cooking and cleaning.

So they're investing all this energy. You know, typically in a situation like this, of course, sex is going to be on the table, too. So they're giving their body.

They're doing all of these things for someone who has not made a permanent commitment to them and at any time could break up with them and then kick them out of the house and move the next woman in. So with that in mind, when you are taking dating advice online or in person from anyone, ask yourself, is this woman, if you're taking advice from a woman, is this woman someone who knows what it means to commit to someone and have someone commit to her? Because if you're looking for a committed relationship, I don't know why you'd be taking relationship advice from someone who's single, right? I don't know why you would be taking relationship advice from someone who's married, but their husband treats them like trash. Okay.

And most definitely, I would say in general, don't take relationship advice from men. Just as a woman, you know, that men aren't women. They can't operate as us.

But also, especially don't take relationship advice from men who can't commit or can't or won't provide the lifestyle that you want, because you will see this, too, all the time on Instagram and on TikTok. You see all of these men telling women that they need to settle, that they need to just go for the nice guy, all of this crap. And these are men who are making minimum wage and in their 40s and 50s and never married because they're dusty and crusty and nobody wants them.

And what they are trying to do is, because they can't do it, instead of leveling up, getting themselves together, getting their mindset together, getting their money right, they'll just do everything they can to talk you out of wanting that thing. The fourth point I wanted to make was you do not tolerate unfaithfulness, period. The second a man cheats, you need to leave.

You don't have long conversations. You don't look for closure. You don't give second chances.

Now, you should forgive. I mean, this is a podcast that talks about biblical principles, right? So the Bible commands us to forgive. You should definitely forgive this person at some point, you know, after you've done the healing and the grieving and all of that.

But you only give reconciliation to people who show respect for you. And if a person is cheating and bringing in another person's energy, another person's potential STIs and all of that stuff, they don't respect you. But if you make the decision to be betrayed, and then you stay, you're teaching this person that there are no consequences.

And you are a queen, you are fearfully and wonderfully made. So you do not need to beg for anyone's loyalty. The fifth point that I wanted to make is if you are serious about becoming the woman who has emotional discipline, then you need to gain emotional independence from relationships.

And that doesn't mean that you shouldn't date or be in a relationship. I mean, again, I'm married, I think that marriage is a beautiful thing. But the purpose of having a partner is that they add to the already beautiful life that you've created for yourself.

They should not become your entire life. So this is why emotional independence is important. This is where you're going to find that peace.

And in order to find that you're going to pick something that you can tie that emotional energy to. So is there like a piece of jewelry that you can buy or something that you can put up on a vision board that represents your fitness goal, or something that represents a place that you want to travel to? And every time you hit whatever goal it is, then replace that picture or that item with something new. So you're gonna have a dedicated spot.

And you're gonna set a goal, you're gonna have the item, the picture, whatever in that spot, you're going to focus on that each day. And you're going to keep focusing on it until you hit the And you're going to especially do this as you are dating. Because while again, I think relationships are beautiful.

The right relationship is not going to interfere with your goals. The right relationship is one where you can maintain the focus on you. And that person can add to that by loving on you and by cheering you on, not by taking you away from your hopes and your dreams.

So I just want you to take some time as you're out here in these dating streets, and consider the ways in which you could be emotionally exploited. Things like dating someone and that person asking you to clean for them or cook for them while you're still dating. Asking for anything that is a husband privilege while they are still a boyfriend to you or not even a boyfriend a situation ship.

Because I know how some of y'all are and I know that cuffing season is upon us. But yeah, it's not about the cooking and cleaning itself. It is about this person wanting something for nothing.

They want you to put in all of this work and effort into the relationship. And yet they're not giving anything in return. You can be nurturing and you can be feminine and you can still have boundaries.

In fact, I would say that is the classiest thing that you can do. So at the end of the day, you may roll your eyes when you see all of this high value relationship content. But the principles that are behind these videos and these podcasts now talking about emotional control, having boundaries, having self respect are nothing new.

These are ancient wisdom that you will find in the Bible. I have clients of other faiths that you will find in the Quran and other religious texts. And they've been repackaged, right? For to be more appealing to people in the modern world.

But the principles have held true for thousands of years. And if you really lean into that wisdom, you will find that you will come to a place where instead of chasing after love, you will attract it naturally. Because these emotions of yours, they should follow your wisdom, not lead it.

So if you need help with learning how to regulate and control your emotions, and then using them properly to attract the right partner, I would love to help you on that journey. I believe at the time of this recording, I have three spots open in my coaching program from toxic to thriving. So you can schedule a call with me.

There's a link in the description. If you are listening to this from YouTube, there's a link in the show notes. If you are listening to the podcast, and you can schedule a call, we can talk about what it looks like to work together and to help you.

Yes, to help you fall in love with the right partner. But I think even more importantly, to fall in love with yourself and allowing all of your other relationships to flow from that love. So I will talk to you soon, hopefully on a call, but if not back here.

Love you so much. Bye.