



Margarita Nazarenko

VLOG TRANSCRIPTIONS

How I Went From Anxious Attachment to Secure...and You Can Too / How to Detach. Detachment is the Game Changer / How to Thrive With an Avoidant Man (17 Steps) / How to Have Lucky Girl Syndrome & Achieve Your Dream Life / This Video Will Make You Confident / Self Concept Changes Everything / How to Inspire His Masculine Energy & Change Your Relationship / How I Finally Lost 7kg (16 Pounds) in 2 Months / How to Manipulate Men / Your Codependency is Ruining Everything. How to Change. / The Anxious & Avoidant Relationship Dynamic / How I Mastered Detachment & Went From Anxious to Secure in 10 Steps / How to Be Hot / Your Self Image Can Make or Break You / If You Have Anxious Attachment Send This to Your Partner. / I Used to Be in My Masculine Energy / How to Look Confident Even if You Are Not / Men Will Lie About These Things / Send This to Your Man / I Hunted My Husband Down Because He Could Provide for Me / Heartbreak / Feminine Energy Isn't Always What You Think It is / 7 Reasons He is Not Proposing

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How I Went From Anxious Attachment to Secure... And You Can Too

Margarita Nazarenko

WOMANHOOD | SELF DEVELOPMENT | LIFESTYLE



Let's talk about it. Let's talk about secure attachment, anxious attachment, and attachment styles. This subject has become so popular on my TikTok that I cannot help but address it. I think this video is going to be as down-to-earth as I can make it, and then in the comments, you guys can tell me what else you're interested in, and we'll go from there.

Anxious attachment has been the most pivotal point in my relationship with myself. I read the book "Attached" maybe five years ago, but for about six to seven years, I've been working on my attachment style. I've realized it's the most pivotal thing for me, from relationships to feminine energy to all of it. Everything I've discovered has helped me become the person that I am right now, and I'm going to try and make this video as open and as much of a conversation piece as I can because the subject is just something that a lot of people are feeling at the moment.

For attachment styles, they come from your childhood or something that happens to you while you are young, and you take this attachment style throughout your life with you. About 50% of people, the lucky ones, are secure. You want to become secure in order to cultivate your relationship and make it go further. If you have an anxious attachment style, which is the second piece, men will call you needy, they will call you clingy, despite you wanting to appear so. People will ghost you, and they will argue with you for reasons that you don't understand.

Sadly, when you have an anxious attachment style, you're actually going to push people away as opposed to attracting them. Instead of cultivating the relationships you want, you are going to create chasms in which the relationship cannot exist. This third attachment style is avoidant, which I'm not going to address in this video because a lot of avoidant people don't necessarily need a video like this. I can make another video about how to deal with avoidant people, but you let me know if you're interested in that because I know most people who are going to be watching this are anxiously attached, like I was.

It was dire for me, to the point where I think that if I had had a secure attachment style earlier in my life, my life would have been different. It just would have been different. I'm going to tell you how the anxious attachment style comes about in your life.

You have a codependent style of relating to a partner. For the sake of this video, you're the woman and he's the man. If you're a man watching this, swap it around, or if you are in a same-sex relationship, just imagine I'm talking about the sex that relates to you. But it's not specific to sex. However, much more women are more anxiously attached than men. It's just how we're raised, it's how society is.

Okay, so you, as a woman, will appear in the situation codependent on your partner. His moods, his life, his ideas will shift how you react and feel. You will want to control what he does in order to make yourself feel secure. If he does things that you did not anticipate or that you did not know or did not want, it will absolutely throw you into a whirlwind of emotion.

You are not comfortable being alone. If you've got anxious attachment, you're not comfortable with being alone. You're thinking of the person that you're attached to, or you're thinking about your next attachment. You also can't set boundaries. You cannot set boundaries for yourself. Not only do you want to be wanted by other people, but you cannot set boundaries for yourself because you are afraid, like I was, that if you say what is right for you and what is wrong for you, first of all, you probably don't even know what's right for you and what is wrong for you, but you are afraid if you say it, people will not want to be around you.

You have decided somewhere in your early life that the only reason people wouldn't be around you is because you are comfortable to be with. Because you've got attributes or assets that make you comfortable in the paradigm of how you see the world. You see other people above you and yourself below them, even though you might think that you're all this when you converse with people. Inside your self-esteem, you feel you're not worthy of things and of love. You feel dependent on others.

It might be because you orchestrate it that way, and sometimes you will definitely do so. Like financially, you won't step up, or you will make sure that you're dependent on people just so that you can have a connection with somebody else. You'll cultivate those types of relationships.

This next one, I hate. You will need validation from people in order to have any kind of self-esteem or any idea of what you look like or if you're smart or if you're intelligent or if you're interesting. You will need someone else to validate that for you.

You will have an intense desire for closeness, and not a desire like a securely attached person would, where they just want that to happen. It will be like an addiction, like a need for that person to validate you and be close to you. And when they are not close to you, your whole world will spiral into an oblivion. Again, you will feel very jealous. You will feel jealous that your place can be taken in someone's life. You'll feel jealous about people that they're around.

You will also be a people-pleaser. You will want to accommodate people with your comfort as opposed to your persona. You will not be interested in how you are as a person and what you can provide for other people with your value. Instead, you will try to please people. You will placate. You will try and be easy. But at the same time, that will knock you on your ass because realistically, you are going to try to please people so much that you will become almost repulsive.

You'll have low self-esteem, and you will be sensitive about how others perceive you. You will ask questions about how people see you. You will ask questions about how you look to other people, especially that one person that you chose to be your—I was going to say a victim, but it's not like that—but your source, I would say, of energy.

And sometimes I feel anxious attachment gets the rep for being, um, like broken and small and needing. But I think there is something to this energy that is kind of vampiric, where you need somebody to... Now that I am healing and have healed, I believe I have healed it, and I'm now securely attached. There is something to that energy that was almost vampire-like, where you needed somebody else's energy in order to feel better.

If you have anxious attachment, you will not trust. You will check phones. You will think people are here to hurt you. And at the same time as doing that, you will put up with unhealthy relationships, as opposed to leaving those relationships. You will put up with unhealthy relationships, giving excuses about why that person truly actually does love you and isn't at fault.

Now, the reason I told you all of this is because I want you to evaluate whether this is you and how it's impacting your life. Like I said, people will push you away or be pushed away by you, no matter how much of an amazing person you are! I feel if you have this kind of anxious attachment style, it almost becomes like a cloud over the person that you truly are. I'm not a medical professional, but I have gone through this, and I have come out on the other side. So, if this helps you, I want to help you. I'm a believer that unless you wrestle with this like the dragon that it is and eliminate it from your life through the methods that I'm going to tell you, it will jeopardize relationships, and it will jeopardize you. It will jeopardize you because you are you, you are the incredible human being that was born, and because of experiences, you develop this attachment style. This does not mean it's you.

When I advise on my TikToks that people shouldn't bombard people or text them back or ask why they're ghosted, they say, "Oh, I don't want to play games, I just want to ask them why they're ghosted." It's not a game. You have to have some kind of rigor and some kind of self-discipline in order to knock this out of your idea of being. And the way I healed it for myself is I learned intensely about what it means to be anxiously attached or the reasons that I just told you. And I decided, I made the decision that that is not my personality. I then learned what it is to be securely attached, and I decided that this is now me. People are born as they are, but people make themselves into who they want to be. It's like a self-manufacturing process. I need you to manufacture a new version of yourself. You cannot be this person who pushes people away, who asks for validation, who doesn't trust because you will not. It's like a self-fulfilling prophecy. You think everyone's going to leave you and doesn't like you. The behaviors you do are actually going to lead to people leaving you and not liking you. You need to learn what secure attachment is and act as if you are until the neurons in your brain form a pathway to understand that when I act secure, people like me. When I act anxious, people are pushed away.

Essentially, people who are anxious have had a trauma when it comes to attachment in their life. For me, it's that I don't have a dad. I had him until the age of five, and then we don't have a relationship anymore. So my whole childhood and also, I'm an immigrant. I moved to another country when I was very young and never saw my family. So it's those two things. There's nothing I did wrong. There's nothing anyone else did wrong. My father made the choices he wanted to. It's absolutely fine. But as a child, it imprints on you as an anxious attachment where you feel, "Oh, I've got to grab onto people. I've got to grasp onto people. I've got to make sure that they don't run away from me." But actually, you running after people makes them run. You need to stand in your power and know who you are and practice secure attachment like any other practice in the world until it becomes you. And you will see that your true personality can then shine, and people can come into your life.

I'm going to tell you now the behaviors that you exemplify when you're anxiously attached. You know you're anxiously attached if you're calling and texting people nonstop when they haven't replied, when you cannot give them that space. You always need to text, and when you haven't text, you have anxiety. You feel like something's wrong. You need that fix more than you

need a good relationship. You need that fix of them replying more than you need them to respect you and see you as a wholesome person. You're constantly checking social media. Where are they? What are they doing? What do they look at? Who do they like? You're preoccupied with their existence as opposed to your reality. You are suspicious when life is good. When life is good and you've got a good partner, you are suspicious that something is going to slip up. You go along with what your partner wants to the detriment of the relationship. You build resentment. You go with what they want. They want to eat pizza tonight? Yeah, of course. They want to go here? Of course. They want you to cook? But you're tired. Yeah, of course. Until it builds up so much that you've got resentment in you. You can't say no, not because you're so kind and so nice, but because you're scared that you're going to get thrown in the bin, that you're going to be rejected.

You constantly ask your partner if they find you attractive or if they like you. You constantly ask what it is about you that they like. I used to do this kind of thing. Listen to me, it's the worst possible thing that you can do. Not only for their attraction towards you, but for your own mental health. You don't want to hear their answers. You don't want to see their face change as you ask that question. You're going to read into it with your brain as it is right now, with your anxious attachment. Anything they say, you're going to scan, and it's going to be to your detriment. You just need to be in yourself, in your own embodiment, in your power, and know that everything is going to be okay.

You avoid waking up from a bad relationship. You know it's bad. You've asked your friends, they already told you that he probably doesn't like you. You keep seeking validation from this person. You know why? Because they remind you of the person in your childhood who hurt you. You want love from that guy who does not want you. What kind of sticks around? Because if you can win his love, then it will remind you and it will let you know that the love of the person you lost as a child or you felt tethered from you was worth it. That you now want it in the present future because this guy is similar to the person who hurt you. Here, so you couldn't get their love, and now that situation is gone, but you can get his love. You've proven to yourself that you're worth it. But that's not how it works. You can never prove that you've been worth it. You need to let it go, even if you're the ripest peach. Not everybody likes peaches. That person in the past who didn't love you enough, who didn't see your worth, they did not see you because you were bad. They just didn't see you because they didn't want to see you. That's it. There's nothing more to it. It's their journey. You need to let them have that journey.

At the essence of it, anxious attachment will sabotage your relationships, and it will cause you to not live in the moment. Anxious attachment always lives in the future. Are they gonna cheat on me? Is he gonna hurt me? Is he not the one?

I still have moments when I drop into that, and I really have to like snap myself out of it. Am I the one? Does he like me? Does he this one? Does he that one? No. You need to become securely attached. This is how you do it. You need to learn to regulate your emotions. You need to find a way to regulate your emotions without that person telling you that everything's going to be okay. Finding a way to regulate your emotions without somebody else is up to you. Do you want to meditate? Do you want to sit with yourself? You just need to not ask people how they feel in order to make you feel better. Until it becomes a practice for yourself, you cannot always rely on somebody else to fix your emotions. You have to have some kind of pillar of strength in yourself in order to regulate yourself. Secure people trust others. You need to deploy the element of trust. If you decided to be in a relationship with a person before, it is broken. You cannot lead a relationship from the position of distrust and seeking a negative in that person constantly because then you will find it. That's just how life works. That is the magnetism of the universe. That is what it is. So just dispense the idea that you're somehow going to find that they're trying to hurt you and just trust them. If you will, until they do hurt you. If you're so convinced that they are going to hurt you, fine. But just let life flow until they do. What is the point of living in perpetual anxiety? Hence the anxious attachment. Until they hurt you, you might have a good 15 years until they do. Why be in that hurt constantly? Why always be seeking for something? Just trust a person until and if they break that trust. Imagine they were never going to. Imagine with your actions, you've pushed them away, and you lose a relationship, and they were never going to break your trust. Imagine that is the reality. You should be more scared of that than somebody hurting you because if you were in your truth and you were correct and you were in your goodness and then they are a bad person and they hurt you, when you walk away, you can walk away knowing you've done your best. You can walk away with a clear conscience. You can walk away knowing that you've been progressing and growing as a person that whole time, and what they do is up to them, not up to you. That's on them.

Secure people have effective communication skills. They say what they desire and what they want, as opposed to searching for faults in people and searching for inadequacies in people. Instead of saying, "Oh, why didn't you call me last night?" They say, "I love it when you call me. I'd love it if you called me tomorrow." They state what they want, as opposed to what that person did not do. And then, after saying what they want, if that person does not deliver what they want for months or years, they then don't want to be with that person, as opposed to taking a person who doesn't want to do these things for you and trying to twist them into submission and making them do those things. You need to communicate clearly with your wants and needs, as opposed to playing games.

Secure people seek emotional support, not validation. They say, "I'm feeling tired today. I'd really love to spend time with you," or "I really need your help on this issue." These people that work that say this, they seek emotional support. They watch what is happening, and let's say after two months he just does

not call you, and you've been the one calling him. You'll say, "Do you know what? I'd love it if you'd call me sometimes. It makes me feel really happy, and it makes me sad when you don't." Open clear communication, and they give people a chance.

Secure people are comfortable being alone. You were born as you, and you will die as you. There is nobody who's come into this world with you, unless you're a twin, of course. But, um, and there's no one who's going to go out at the same time. You need to be on this journey with yourself.

You need to have some stoicism, and most of my viewers are women, and you'll see, but how does that fit into emotional and female energy? Well, it does because you need to be in your feminine, in your power. That the feminine is nature. You need to be in nature. You need to be in the equilibrium of life. You need to know that sometimes people will be with you, and sometimes you will be alone, and you need to be comfortable with that. Nobody can carry you. You need to carry yourself.

Secure people are not defensive. This one is a hard one for me. We are all defensive, but they take things with a pinch of salt. They know that not everybody can really see into you. In fact, nobody can. Nobody really knows you. Everyone sees you with a perception of themselves plastered on it. When people ask me why I don't get offended by what people say about me or about my lifestyle on the internet, because I actually know that they're not talking about me. How could they possibly be? They're talking about a microcosm of what they saw, put it together in their head from their life experiences, and were even a web of what they believed to be a reality. It's got nothing to do with me.

So, not being defensive, they show empathy. Secure people share empathy when it's needed. They're there for other people, not because it gives them something back, not because it's going to be like, "Oh, I did that for you, I'm going to get this back," because they just do it. They don't expect anything back.

Secure people know when to compromise and when to say no. They know what their limits are. An anxiously attached person, if they say, ask to wash the dishes, and they are at their tether and they're tired, they will say, "Yeah, I'll do it," just to be liked, and then they'll hate that person, resent them, and have a fight and attack them. A securely attached person will say, "I'm sorry, I'm tired today. I can't do it, but I love you, and I'll try it tomorrow," or "I understand," or "One of us will figure it out," and they can take the wrath of somebody or the discomfort of somebody because they've set their boundaries. But they also know when to compromise. They're not going to go around saying, "Oh, I did this for you, I did this for you." They know when they can do something and when they can't. They know their capabilities. They learn to know themselves.

They are straightforward. They see how they feel, and they mean what they say. They respect other people's boundaries. This is a big one. The thing that annoys me about people with anxious attachment styles, and I had one, keep that in mind, is that they're disrespectful of people's boundaries. They think just because they feel anxious, just because they feel that type of way.

I know you're not comfortable. Yeah, I know life is not rosy. I know you want everybody to make you feel better, but they can't. It's not their responsibility. That's not what they were born to do. Because whether you like to hear it or not, your emotions probably come up more often than that person or any person is capable of dealing with, and it's up to you to deal with them. They're your emotions.

Secure people are free of old baggage. They don't bring the ex-relationships or who cheated on who or how they were treated into this relationship. In fact, when you first start dating somebody, don't bring that up. It's not important. They don't know you enough to validate knowing these things about you.

All in all, I want you to understand that if you are anxiously attached, it's not your fault. But if you continue behaving that way, then it is your responsibility. You need to study secure attachment. You need to read the following books: "Attached," "Getting the Love You Want," and "How to Be an Adult in Relationships." All these books are linked below. Those three books will help you with your attachment style.

My TikTok videos will help you with your attachment style. I'm going to be creating a course about feminine energy and overcoming anxiety soon that will probably help you a lot in your attachment style because I'm putting a lot into it.

All in all, you need to practice vulnerability and trust. You need to decide to throw caution to the wind, to stop investigating, to stop concentrating on other people, and concentrate on yourself and on your journey. You need to practice mindfulness and be in the moment because anxiety is all about living in the future. You just need to throw caution to the wind and be in the moment.

And you need to learn about detachment because the more you learn, the more you will see that anxious attachment is not you, but it's a style of attachment. It is not who you are, it's just how you've learned to relate, and you can change it, and you can be happy. And even if it hits the fan and things go wrong, you will be fine if you're securely attached. You will find someone else, you will get through it, and you will be happy.

See you in the next one. Love you lots like jelly tops.

How to Detach.
Detachment is the Game Changer.

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So, he's got an attachment style that is avoidant. It's a pain point for people who are anxiously attached, and normally those two will come together. There's that old adage about the fact that if you are securely attached, that is 50% of the population. You've been parented in that way where you can feel safe with people, you can closely connect with them, and all that stuff. Those people pair off, usually not always, which leaves the avoidance and the anxiously attached people.

There is a fourth category, which is disorganized, which is both anxious and avoidant, with the other 50%. The irony, and I haven't exactly read this anywhere or done any research on it or anything like that, but I just have a feeling that in the universal space of what is true, is that it cannot be just the fact that avoidance and anxious people are attracted together because that's just the way it is. I think there is like a healing portion in that journey.

I think the anxious people are attracted to the avoidance because the avoidance reminds them of the lack of caregiving in their youth, and they're trying to make that feel better in their now presence. So, for example, you could not get that love and affection from your father who was absent. Therefore, you find a man who has an avoidant attachment style, and because he's with you, you feel if you win his love, you would have won the love of your father in the epic journey that is life.

Same with the avoidant, they are attracted to the anxious attachment style often because it will be reminiscent of their engulfing parents who were controlling, who told them what to do. Anxious attachment and avoidant attachment don't always come from these backgrounds, but a lot of research has shown that they do.

So, this is the thing you need to understand. This video is for those who look. It might be useful if you're avoidant too, to help you understand where it comes from and help you understand how people should treat you. Definitely, it will be useful for you. But I would say this video, I'm coming to it from the point of view of someone who used to be anxiously attached, and I would attract avoidant people, and they would be attracted to me just by default. And this video is here to say that I think the journey of those two characters can be a healing one. It's not always like, "Oh, he's an avoidant, so just throw him in the bin." I don't. And the reason I use "him" is because this channel is mainly a women's channel. If you're a man, welcome, but also because more men are avoidant and more women are anxious. It's just the way society is broken down, and maybe our biology lends to it too.

I think this video is here to say that these are the ways that you can deal with an avoidant partner. By deal, I don't mean like "deal," I mean like how you can internalize and process and what you can do to make it better because healing always starts with leaning towards security. How do you do it? You read a lot. Whether you're an avoidant or an anxious person, you read a lot. I think a lot of women's issues when it comes to relationships come from their attachment and how they perceive men and becoming so close and enmeshed with them, and men wanting that space.

So anyway, at its core, the fear of an avoidant is enmeshment. Where does it come from? What does enmeshment mean? Is that like the squashing of two entities and the loss of your own identity? So literally the opposite of what an anxious person would fear is that if they are around someone for too long, they would literally disappear into the ether. This often comes from when their parents were focused not on interpersonal connection and love and affection and hearing their needs.

That child learned at a certain point that their needs would not be heard and met, but they were provided for, probably materially. Sometimes they've got disastrous backgrounds where they had no parents at all, and they just learned to rely on themselves. But usually, they just had parents who wanted high achievement and no connection. They were like they received like a sensitivity from their caregivers, so that's what they expect from those around. So if you've got an anxious, um, sorry, an avoidant partner, you've got to understand that the reason that they're not open and they're not coming to you and the reason they act the way they do is not because they are intrinsically awful and non-human and just want to be the solitary rock out in the ocean, but because they learned very long ago that that is not valuable as a human. What we learn is valuable. Let's say as a secure person, is that connection is good, but they learned that that will be a waste.

So, Dr. Levin says it's like getting the trust of an alley cat. That they've never known what it's like to really have that connection, so you can rehabilitate that early cat, but you know it's going to take time for sure. What are the traits of an avoidant person?

Sometimes when people have huge attachment to people, to things or concepts, what happened to me is he cheated on me, and you know why that's an amazing blessing now that I come from the angle of detachment? Because if I didn't have something smack me in the face, like something that completely broke my boundary, for me that's cheating, I wouldn't have left him. People like us, we just stay and work through things despite it being unpleasant because we're almost blind to the fact that we are here to live one life, and the quality of it needs to be amazing. The man needs to add something to your life. You don't need to struggle like a mule up the hill of life with him on your back doing nothing. Why were you born to carry this man on you or woman if you're a real man watching this? Um, at the detriment to you, and I sometimes feel now coming from the concept of detachment that the world, God, Universe was like, "Yo, smacked me in the face," and was like, "Stop! You are not going to be attached to this person." The only thing that could have made me break out of that habit, and yep, we're going to work on this, we're going to try hard, we're going to do this, we're gonna do this thing, lemon water, try it, amazing for you, is this system breaker. And you've almost got to realize that.

I say this often to people who talk to me, who go through their partner's phone, that wouldn't you rather detach from the concept of them? Like, you've got to love them, but wouldn't you rather detach from the concept of them being the be-all and end-all of your life? Like, without them, you will crumble. You are not 100% of a person. You're not 50/50. You're not an apple that comes together. You're two apples that make up a fruit bowl, okay? Wouldn't you rather detach from that? Because, you know what, wouldn't you rather live your life beautifully now, not going through their phone? Why are you going through that phone, I know why people do it. Because they are so terrified, they want to find out. They want to find out now because they are attached to the idea of what this partner brings, and they want to make sure that they've made the right choice. Because that partner's reality and how they see you and what they are doing is so important.

And of course, I'm human. I struggle with this too, not with the phone checking. I cannot even begin to tell you how useless of a practice that is. Because if you want to find something, you will. And that means not that, um, everyone cheats and every man cheats. There is no "everyone." There is no such thing as "everyone." It cannot be "everyone."

This is the thing, if you want to find something, you will. It means if your mindset is one that is predicated on that person being the be-all and end-all of you, and you finding something they've done wrong, said wrong, breathed wrong, it could have been in the past, babe. You know, it could be in the past. It could be something, you will find it. If you want to demise your relationship, if you are convinced that that person is somehow wrong to you, you will. Number one, find something. And number two, you are orchestrating your relationship in a way that you're cornering that person. You are thinking badly of them. And the way to make a person do good to you is to already speak into them as if they are. But that's a whole other video.

But how can you discover your reality if you're always attached to other people's reality and performing in the circus as the monkey that is their reality? You're gonna lose yourself, and then you're going to realize you're replaceable because most human beings on this Earth are attached to people and outcomes. So the way to become irresistible and irreplaceable is to detach. Is to say, "Hey, this is me, this is my world, this is my space, and I'm okay."

It will reduce your anxiety significantly. There are even exciting times, and it's so interesting because anxious and excitement kind of cross over at times, you know? If you feel the feeling, it's kind of similar. Just one is expansive and positive, and one is negative. There are times when I practice it where I want to know where a certain person is or why they haven't replied, and you can just sit with yourself and you can go, "Wow, what will truly happen if they don't reply? Like, what will truly happen if they don't like me back? I hope nothing. I hope nothing."

The only time where I see that detachment is not deployable is when it's a loved one and they've gone missing, you know what I mean? Like, they haven't replied to you. I understand we're all human. It's not a lack of emotion, for sure. You know, detachment might literally save your life or it could at least save your sanity and ironically get you to where you want to go.

There are so many ways to take this conversation, and maybe it's going to be over several videos, but essentially detachment is the law of assumption. It's the law of attraction. It's everything. It is taking care of yourself first and letting others take responsibility for themselves without trying to punish them or trying to control them. So, it's taking care of yourself first. I'm just trying to repeat that so you really hear it without taking responsibility for others, so that they can do what they need to do because you are born as you and you are here as you, and you literally have no control over other people. You have some illusion of control, maybe a delusion of control because you know that's what we're bombarded with. We're told all the time, you know, do this to affect that person or when you get married or when you get this job, you're gonna feel this type of way about yourself. But in reality, it's just a recipe to drive yourself crazy.

Detachment can help you control your reality without letting it control you. You can literally decide to control what is in your control and let go of the things that you can't. It is the knowledge of knowing that you are enough in this current existence and that something outside of yourself, and predominantly for everybody who's listening, I think it's a person outside of themselves, not necessarily a job or an achievement or a piece of structure or something like that. It's a person outside of yourself cannot complete you and cannot create a sense of happiness that you feel you are missing in your life. You are not missing that. You have everything inside you that you currently need in order to create your reality because if you want to be happy, be it. Things outside you need not be able to control you.

It's about the knowledge that it's about the journey, not the destination. That there is no goal or no person or no family or a marriage that you can have that is going to define you truly. And it's hard to believe when you haven't yet got there, but many times when people reach their destination, I'm sure you've heard celebrities talk about it or people who are successful, they say, "Wow, at the end of the day, I wake up with me, the same old me that I always was."

And I'm not saying that material things or a relationship or marriage isn't amazing. It is amazing, and a lot of my other videos are about that. But I will say, if you learn detachment, which I will go into in a minute, how to do it, where to do it, how to deploy it, and how to hone it, if you use it, you can ironically attract all the right things in your life because the desperate energy that you deploy when you do not detach, when you're totally attached to ideas and people, is the thing that often will drive those people and ideas away from you, you see what I mean?

Nothing has to be how you imagined it, all perfect. Also, detachment will give your partner freedom to come closer to you. If you are not detached from ideas, people, and situations, you are often trying to control them. All the result, people feel that. People are energetic beings. They feel that your life and purpose is predicated on their actions and reactions. How can they be free to be themselves?

Things you can do in order to practice detachment is meditation, visualization, journaling, you know, all of those. I'm sure if you're watching this video, you've heard about them. Writing out the reality of your life and how you want it to go, even when people are involved. I'm sure you can involve them. But writing out a reality and visualizations of who you want to be, a self-concept, getting really obsessed about the idea of where you are going and who it is you are.

I guess we've just discussed this, right? So it's about the idea of who am I cultivating. If I'm a vegetable, how am I growing myself? What vegetable am I, you know what I mean? I don't know why that vegetable metaphor comes to mind, but it's more like, you know, how people are proud to grow the biggest cucumber at the fair or whatever. What is it? You are your own self-project. You need to get as obsessed as you feel about other people about

yourself. To hang the concept of self-worth on your own ideas, on your own visualizations of you, and not on them.

Because if you're sitting there and focusing constantly about when he's going to propose, he's not got anything to propose to because you've become a mirror of his expectation. Another one is cognitive reframing, and you've just seen me do an example of it. I could have been like, "Oh, I've been cheated on. I'm not worth it. I don't like myself."

Why would someone do that? I don't have those thoughts. At the time, I might have had some kind of thoughts like that, but I don't even remember it, to be honest. Because I've cognitively reframed.

You need to write down all the ideas that you have about yourself, especially when someone's not replying to you or someone's not fitting into your paradigm of reality. You need to detach. You need to write down all the scared thoughts you have, like "it's not fair" or "I don't like this" or "they're not replying to me because they don't like me." I need to reframe. This is a great opportunity because if this person ghosts me, I won't have wasted my time on them. This is a great opportunity because now I get to see sooner rather than later, when I'm married with children, that this person isn't for me. Thank you, Lord Universe, whoever you believe in, for showing me earlier.

Cognitive reframing. Have a look at what it means. It's that ability to control the frame in which you put an idea. Every idea can be reframed, truly. It can. Try it.

I think another thing to talk about when it comes to detachment is detaching not from people, but from your own thoughts as well. I think after I had my child, you often get like intrusive thoughts, um, like, "Oh no, what if this happens? What if that happens?" You get really intense about their safety and all those things. And I read in a book once, you know, it's the old adage of "be like water, my friend," and Bruce Lee, that when you're feeling your emotions and the ideas that come to you, you're not standing in the river of your emotions being thrown around, but you come out of the river and you look at the water. And you observe them, right?

So, as I started to observe my thoughts of like, "Oh no, what if something happens? What if this chair falls? What if that thing happens?" If any moms are here, I'm sure you'll comment that you know you had those thoughts. It's very common. I read in a book where I was discussing the psychology of postpartum, a person was talking about how, you know, they were always scared when they were carrying their child down the steps that they would drop them. And the only thing that helped their mind shift is when they stood on the stairs and, almost like a meditation, were like, "Okay, so what if that happens? Take me, that brain. Let's do this like you're fearing brain because you want to protect me, but I'm here, and I'm willing to observe you and meditate through this. I'm willing to weather this storm."

And I think mine only subsided when I stepped into that, observe my emotions, and at the end, I was able to say, "Oh, I'm only thinking these things because I love my child so much. This is my brain protecting me of any dangers." And instead of being like, "Oh, why am I thinking this?" I started to think, "Oh, thank you, brain, for trying to, you know, make sure that I'm safe and that he is safe."

In terms of your attachment to people, step away. Use this as an opportunity to get to know yourself. What am I afraid of if that person doesn't like me anymore? Okay, are we gonna end up alone? Okay, and where would that leave us? Where would we go? Try and face your reality and yourself and understand, you've always got you.

When it comes

to detachment and work, I think my workflow increased and completely stepped up into another notch when I detached from the outcome. I spent a very long time in my youth doing careers that I plotted and paths and kind of pushed because I was very attached to the outcome, as opposed to really observing myself. I enjoyed talking about who I really am and what people resonate with.

I think also detachment can work in terms of not even when it comes to people or relationships, but in terms of sometimes you might have ideas of yourself or what it is you think you need to be. You might be thinking, "Oh, I need to go to a certain college or a certain university in order to achieve ABCDFG," and you're so focused on a goal and an outcome that you forget to observe yourself. And detachment can help in that as well, where you just step away and go, "There are so many paths in life, as Steve Jobs said. Sometimes all these connecting dots of random things you do end up putting you in the place where you want to go." Attachment really works when you're practicing the journey. Like, you're enjoying the journey and you're learning self-growth, and you're really living in the moment and you're enjoying who you are in that moment. It's that whole practice of, you know, when I said about worrying that somebody's going to leave you or all that stuff, why worry? Why not be with them and enjoy the process right now and try not to see the outcome? Because essentially, you will see it. Like, the world always reveals itself. Lies don't often stay as lies, and you will instinctively know, and you will see them. But you'll be prepared for anything that happens. Because let's say even something does go wrong, you would have had a really great time in the time that it didn't. Why prepare for things that might not even happen?

I think the biggest thing to take away is, if you really do start to practice it a little bit more and say that, "I'm an entity in myself, I've got this," learn about yourself, get obsessed with your journey, really be on it, you will see that you start to magnetize people and opportunities to you. Desperate energy is really difficult to deal with for people, for the universe, for everything. So, it's hard for things to come to you when you operate from a level of desperation.

So, when you start to deploy and practice this detachment, not in a cold, not in a cynical, not in a horrible way, you're still a human being. You're still gonna feel, you're still gonna be everything that you want to be. But you're gonna know you got this. And slowly over time, the way you're going to see it's working is when someone's gonna say something you don't necessarily like, you're not going to be reactive. You're going to be slower to react to things, and you're going to act and not react. Because you would have detached from outcomes, and you would be acting on the things you want to do, as opposed to reacting. Reactive, reacting, reacting. He said this, he said that. I'm going to lose this person. It's just too much.

And the reality is, in this world, things are not certain. And if you allow yourself to be thrown around by the world and not have an inner center, you're going to spend most of your life trying to get back up on your feet, as opposed to moving towards where you want to go.

I'm going to add some books about attachment into my Amazon list. I'll leave that below. I think a lot of things I talk about, like the 20 feminine energy principles, which is my course, you can get it on my website as well, is part of that. I grew up very pushing, very dependent on other people's opinion, very masculine. And I think a part of my journey of self-discovery is feminine energy and detachment and flow. So, I just wanted to share that with you, and I hope it helped. You see you on the next one. Love you lots. Bye.

How to Thrive With an Avoidant Man (17 Steps)

Margarita Nazarenko

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So, he's got an attachment style that is avoidant. It's a pain point for people who are anxiously attached, and normally those two will come together. There's that old adage about the fact that if you are securely attached, that is 50% of the population. You've been parented in that way where you can feel safe with people, you can closely connect with them, and all that stuff. Those people pair off, usually not always, which leaves the avoidance and the anxiously attached people.

There is a fourth category, which is disorganized, which is both anxious and avoidant, with the other 50%. The irony, and I haven't exactly read this anywhere or done any research on it or anything like that, but I just have a feeling that in the universal space of what is true, is that it cannot be just the fact that avoidance and anxious people are attracted together because that's just the way it is. I think there is like a healing portion in that journey.

I think the anxious people are attracted to the avoidance because the avoidance reminds them of the lack of caregiving in their youth, and they're trying to make that feel better in their now presence. So, for example, you could not get that love and affection from your father who was absent. Therefore, you find a man who has an avoidant attachment style, and because he's with you, you feel if you win his love, you would have won the love of your father in the epic journey that is life.

Same with the avoidant, they are attracted to the anxious attachment style often because it will be reminiscent of their engulfing parents who were controlling, who told them what to do. Anxious attachment and avoidant attachment don't always come from these backgrounds, but a lot of research has shown that they do.

So, this is the thing you need to understand. This video is for those who look. It might be useful if you're avoidant too, to help you understand where it comes from and help you understand how people should treat you. Definitely, it will be useful for you. But I would say this video, I'm coming to it from the point of view of someone who used to be anxiously attached, and I would attract avoidant people, and they would be attracted to me just by default. And this video is here to say that I think the journey of those two characters can be a healing one. It's not always like, "Oh, he's an avoidant, so just throw him in the bin." I don't. And the reason I use "him" is because this channel is mainly a women's channel. If you're a man, welcome, but also because more men are avoidant and more women are anxious. It's just the way society is broken down, and maybe our biology lends to it too.

I think this video is here to say that these are the ways that you can deal with an avoidant partner. By deal, I don't mean like "deal," I mean like how you can internalize and process and what you can do to make it better because healing always starts with leaning towards security. How do you do it? You read a lot. Whether you're an avoidant or an anxious person, you read a lot. I think a lot of women's issues when it comes to relationships come from their attachment and how they perceive men and becoming so close and enmeshed with them, and men wanting that space.

So anyway, at its core, the fear of an avoidant is enmeshment. Where does it come from? What does enmeshment mean? Is that like the squashing of two entities and the loss of your own identity? So literally the opposite of what an anxious person would fear is that if they are around someone for too long, they would literally disappear into the ether. This often comes from when their parents were focused not on interpersonal connection and love and affection and hearing their needs. That child learned at a certain point that their needs would not be heard and met, but they were provided for, probably materially. Sometimes they've got disastrous backgrounds where they had no parents at all, and they just learned to rely on themselves. But usually, they just had parents who wanted high achievement and no connection. They were like they received like a sensitivity from their caregivers, so that's what they expect from those around. So if you've got an anxious, um, sorry, an avoidant partner, you've got to understand that the reason that they're not open and they're not coming to you and the reason they act the way they do is not because they are intrinsically awful and non-human and just want to be the solitary rock out in the ocean, but because they learned very long ago that that is not valuable as a human. What we learn is valuable. Let's say as a secure person, is that connection is good, but they learned that that will be a waste.

So, Dr. Levin says it's like getting the trust of an alley cat. That they've never known what it's like to really have that connection, so you can rehabilitate that early cat, but you know it's going to take time for sure. What are the traits of an avoidant person?

You don't know if you've got an avoidant partner or not, okay? They push people away when they get too close. As soon as you feel you've got that like yummy closeness with them, they're suddenly busy, and they're pulling away, and they're doing all kinds of things to jeopardize it. They lack an emotional closeness in a relationship too. They'll make things a little bit surface. As soon as you start to delve deep into things, they will try and make the relationship a little bit more airy and surface, and maybe fun. Or maybe just this one, I found very interesting, and that is that they fear intimacy in terms of they might have a normal sex drive when you meet, but if you guys get too close emotionally, they may start to, um, kind of wane in the sexual department. That's a way to kind of put a barrier between the two of you, and you'll notice that the sexual chemistry comes back if you give them space.

At the core of it, they don't trust others. They don't trust others, how I guess to fulfill their needs would be my thoughts about it. They so intrinsically and deeply believe that they are their own keeper and provider that they don't even see how somebody could be useful for that purpose. They won't seek help when they're stressed. So let's say a secure attached person will know when to go for help when they are stressed. You will find your avoidant partner will just isolate and become distant and unloving.

So why are they like that? Why are they like that? Their needs weren't met as a child, as I said. So from time and time again, as their needs weren't met, their emotional needs, they don't know, okay, how do I satisfy this, this hole that I have? I have to look after myself, and that is normally through just, you know, getting on with it, isolating, doing their own thing, hobbies, whatever. And their trust was broken in that, so they don't trust other people. They had caregivers that had bad attachment styles, so they could not attach to them. They weren't responsive.

I think this is the core of most people's issues, whether anxious, um, or avoidant, and that is their caregiver wasn't responsive. And it's so difficult as a mum, I'm telling you, to always be responsive to a child, and what does that even mean, always? Where is the natural and good place? I don't know, but that's what they didn't receive. The child had to be self-reliant. Either their parents were working a lot, either they were orphaned, either their parents were very much there, but they just had a lack of emotional connectivity that they didn't perceive their child's emotions to be. The ones that they were, you know, "Stop crying, get on with the vibe." Sometimes, if that father was abusive or their mother was depressed, basically this person decided to take the world onto themselves and just carry it. And there's a lack of playfulness in them.

They take things seriously. It's a big deal. This video is for those who want to be with an avoidant person or who are 17 things. Number one, be patient. If you decided this is your person, you are not going to change them by default of telling them to change. If you are anxious, you know how hard it is for you to change. If I just told you, "Stop being anxious," what do you mean, "Stop being anxious"? It's very, very hard. So, you need to make that decision. That is a first number one step. You need to make that decision, "I'm going to be with this person. I see their good qualities for what they are, and I see their receptivity in me." i.e., they married me or they want to be with me. I believe that. So, patience is the key too.

You need to be a safe place. You cannot always have volatile emotions. They need to be able, and this is difficult because I've had avoidant partners as I said, if you yourself are working on your own attachment and you err on the side of anxious, you will want to ask questions. Or if they say something to you in a conversation, you'll be like, "What does that mean? Did you do that? Who was she? What time did you say?" Like, you need to be a safe place to talk to. There needs to be a point where, like this alley cat that we said that they were, will kind of start to trust that there is safety in you.

Number three, you need to understand how they view needs. By that, I mean, how they view needs is that they learned that if they are needy, if they have needs, if they voice their needs, if they want to be close, they will be rejected. Usually, an avoidant was rejected by having human needs as emotional needs. So, you've got to understand that when this person isn't coming to you and showing you that they need you and all these things, it's not because they are that way, it's because it's been ingrained in their brain that you will reject them if they show you their needs.

Number four, you need to understand that they don't understand the feeling of mutual dependency. The concept of like, "I rely on you and you rely on me, and together we grow, and if one of us isn't there, it's difficult for the other," is a very dangerous prospect to them. And they really, really, really build their whole identity on self-reliance. So, when they feel that they're starting to lean on you, that's a big problem.

Number five, very important, avoid controlling them. If you want to be with an avoidant person, their literal fear and the way it manifests is their fear of engulfment. Engulfment is like a wave that comes, crashes on you, and takes you over. And what people tend to do, it's like that self-fulfilling prophecy like I said with an avoidant, is ask questions, which can then look like control. So, you'll be there, "Oh, what are you doing? When are you doing? Where are you going? Where you need to?" If you want to be with an avoidant, avoid controlling them. You need to give them that autonomy. Their character in itself is based on that autonomy, and they are very, very sensitive to control. So, if you want to get anywhere with them, a liberal approach or a free approach is much, much better than a controlling one.

Now, when I'm giving you all these 17 tips, by the way, or

15, we'll see how many we get to, I want you to understand that it's all based on rule number one, that you've chosen to be with them. If you're going to tell me all, but they shouldn't understand it's not control, or they should. I can make a similar video about how to be with an anxious person and how to make them feel calm. So, I hope this video gives you some kind of resolution of how to get closer to the avoidant, as opposed to "this is how you need to live for the rest of your life." I mean, counseling and therapy would be the ideal solution, but hope that this can, you know, give you something because it's worked for me.

Number six, respect their alone time. I like to equate it to a pint and a shot glass. An anxious person or a secure person will need like a pint glass of together time, whilst an avoidant person, just by default, will need a shot glass. They are not used to it, again in this alley cat or stray dog example, they are not used to that level of togetherness. So, maybe by being with them for a long, long time, you can build up to that. But you need to respect their alone time. Infringing on it and forcing togetherness is going to be like pouring from that pint cup into the shot glass, and it's just going to get overwhelmed and drown, engulfment again. We were envisioning water just being drowned and engulfed.

Number seven, this one's hard for me, babe. Don't interrupt their alone time. I'm big to, like, just come into people's room, be like, "What's up?" You know what I mean? Um, I'm that one. Don't interrupt their alone time. They need, like, strong scheduled togetherness or a partner's like, if you're in the kitchen and they're in the office, and you keep constantly yelling out to them, um, to you, you would have spent no time with them that day. But to them, they would already feel overwhelmed by your energy, the fact that you've been calling out to them, "What are you doing? What's on your laptop?" They find it very, very discombobulating. They cannot rest with you hanging over them. So, it needs to be structured. So, when they're alone, they're alone, and when you're together, like at two o'clock, we're hanging out, you're together, you know?

Rule number eight, have your own social circle. Mums, sisters, brothers, social circle. Have that system whereby your pint can be filled up by your social circle, and therefore by them. So, you guys, if you want to be together, you can understand they've only got a pint glass of together time to give. Your social circle needs to be built up, pint glass of them, and the rest of the, sorry, a shot glass of them, and the rest of the pint glass needs to be filled up with other people. If you're big on communication, connection, and security, that's what you're going to need in order for it to survive because I do not advocate for you to be lonely. That can't happen. But in the adage of the village, there are many roles and many people who can fulfill you, not just them.

Number nine, understand that sometimes they can, not through any fault of their own, but use sexuality to create space. So, if you've become very, very emotionally close, they might become too busy for sex or become too preoccupied with something else. They will use that as a barrier. I get a lot of questions from women saying, "Oh, he's not attracted to me anymore" or something or other, and the biggest advice I can have is, like, just become obsessed with yourself and your own journey on what you're doing because you will see, not in a week, but in a month or two, when their avoidant sees the lack of energy going into them, they feel the sexual attraction again. Again, might not be fair, might not be for you, but it's the way it is.

Number ten, if you take their space and their autonomy personally and say, "Oh, you don't spend time with me. You don't want to see me. You do this one, that one, the other one." They will take it personally, and instead of feeling like changing, they will spiral into the criticism that they used to feel as a child through whatever avenue that came, and they will feel shame about it. And they will want even more space from you. This is the thing about communication and people advocating that communication is key in all relationships. It's kind of true, but what we understand communication to be isn't what it naturally is. What we think communication is is just saying how you feel. But active communication and good communication is knowing who you're also talking to. So if I tell somebody who's secure that they've made me feel this way or another way, they'll take that on board. An anxious person will feel defensive, but they will too. But an avoidant will go into a criticism shame spiral because that's what triggers them, and they will want more space for me because that is their safe space. Their aloneness is their safety. So by you voicing, "You don't spend time with me, this and that and the other," you would have created exactly what you don't want. And in this scenario, we want to be with them, so that's not what we're going to do.

When you see how you feel, say how you feel as opposed to how they made you feel. This one is used in therapy a lot, so I'm sure you've heard of it. But for example, they haven't contacted you for a day, they've been at work, they haven't replied. "I feel hurt when I receive no contact." See that, "I feel hurt when I receive no contact." You're saying the barometers and the boundaries of who you are and how you want to be treated as opposed to, "You hurt me when you didn't reply to my text straight away." You're going to get a block, you're going to get space, and you're going to get annoyance. And the point of all these steps is, I guess, to get closer with the avoidant and to create a safe space for them. So eventually, they will be able to receive some kind of criticism from you because there is healing from everything. It has to be. There has to be healing from everything. Like, I refuse to believe that we're all just not able.

Heal yourself so that you can avoid excess emotions. They find emotional roller coasters really difficult to deal with. When I was an anxious attached person, I would create all kinds of roller coasters, and avoidants run away from that. So if you want a constructive conversation, you've got to calm yourself first. If you're in your feelings, they will spook like a horse and run away.

Compliment, don't criticize. When I advise this on my um social medias, I get women saying, "Why? He's not a child. Let me just do what I want. He's a man. He should be able to, yada yada." I think this one applies to a lot of men, not just avoidant men. And that is, highlight what you like as opposed to what you don't like. Women have a tendency, like the gorilla female, to nitpick and create perfection out of the monkey she chose. And the reality is, it's not just children who need to be praised and loved. And you, as a woman, need it too. We find it very hard to understand what it would be actually like to be criticized and highlighted all the time

I mean imagine men don't do this as often, so imagine if your man was always like, "Oh, why did you sit there? Why did you do that? Why did you test that cushion? Why didn't you wash that plate? Why are your trousers like that? Why are your socks not matching?" Girl, I know that most women would tell him where to go. So, um, men just kind of shut down about it. So I would say if you want something done, highlight when he does it as opposed to criticize when he doesn't.

Take your requests and critiques and make them desires that you have. Also applies to all men. This is a really good one. So, "You never take me out anymore. We never go out anywhere," turns into, "I love it when you take me out. I love it when you plan dates." Even if he hasn't, if you see someone walking with flowers, you say, "I love it when you get me flowers," not, "You never get me flowers anymore." What am I trying to do here? I'm trying to get you the life you want. That's what I'm trying to do here. It might not be fair. You might not be the first one, but since you're here and you're watching this video, it's telling me that you are the emotional powerhouse in the relationship. That means you're powerful enough to shift the dynamic of your relationship. Take that on. Be that person. Doesn't matter who does it first. I think it should be you because since you're here.

Number 5. If the avoidant partner, if your partner checks out, you see they start looking away, you see they start closing their eyes. My avoidant partner would, you know, do this lockdown, and my natural tendency would be to excuse me, excuse me, see that as a sign of the conversation's over because they're not receiving. They're overwhelmed. They're engulfed. The wave has crashed, and they are not hearing you. Um, it's the equivalent of, as if you're anxious for their partner not to be replying to you and not to be talking to you. So if your avoidant partner has checked out, continue the conversation at another time.

For the healing journey to proceed, validate their feelings. They are not used to having their feelings heard or validated as much as you, as the anxious or perhaps secure person, um, want your feelings validated. They do too. So when they say they feel a certain way, even if you don't agree with it, you need to be there as a platform for their feelings to be, um, acknowledged. They cannot shift their mentality around connection unless they have that safe platform for their feelings to be heard.

Number 17. Avoidance see life the last one as a win or lose. We've got to 17. They see it as if you win, their time, they will have lost something. Or if you win, they will have lost something because they're not used to connectivity. Okay, so you need to explain to them not like to a child, but just explain to them that, "I know you want to be alone, and that's cool, but how about we plan a date next week?" You need to have an open, almost airy, we both win attitude. If you have a heaviness to you, if you have an engulfing vibe, they will sense it and they will run. All this is from psych literature books, relationship books. I've got a link in my bio of books I recommend. I love all that stuff, so shout out. And guys, if you cannot be with an avoidant because you are anxious, don't. You need to do you. You've got one life, you need to do what you need to do. But understand every human being has got beauty in them, and the person I just described and how to handle them isn't just that. They are all those things and in between and nuances. And the hope is that you can get to a place of security and with them because you love them. And I think things in life are much more positive when you can see humanity in other people. So, I hope this video helped. I hope you enjoyed it, and I'll see you in the next one. Hey, let me know what you want to see.

How to Have Lucky Girl Syndrome & Achieve Your Dream Life

Margarita Nazarenko

WOMANHOOD | SELF DEVELOPMENT | LIFESTYLE



Let's talk about the truth of Lucky Girl Syndrome. I'm sure you've seen it online. I'm sure you've seen it on TikTok. I'm sure you've seen it on YouTube. I'm sure you've seen it on IG. What is it? Why is it so popular? And why is it such a new concept? It sounds very similar to the Law of Attraction, whereby the vibration and the energy that you put out in the universe is what you are going to attract back. But it is not exactly the same thing. The Law of Attraction dictates that the energy and the vibration of your feeling is going to match like for like, whilst the Lucky Girl Syndrome, and I think the key and pivotal part of the concept is the word "syndrome". When I first heard about it, it struck me as a little bit odd. But the more I thought about it and the more I decoded it for myself, the more I understood the actual reasons for the wording. I suppose to have a syndrome is something that you cannot avoid and something that is in your life whether you like it or not, like something chronic. And syndrome is also denoting of the fact that perhaps it's something that you just have to live with. Luck being in your life as a syndrome is a pretty good thing to live with. It's not a negative at all. But the wording of syndrome and luck in one shows you the mindset that you have to have in order to go along with this idea. The idea dictates that no matter what happens in your life, you feel number one lucky and number two you feel luck and good things just gravitate towards you, so if you look at the concept on its basis, you would understand that you simply have to believe that everything good happens in your life. That good things are coming for you, that you will make money, you will attract the partner you want, you will have the children you want, and you will completely succeed in all your endeavors.

I like to layer it with the second concept and give you an example from my life. If you choose to believe that you are lucky and you choose to believe that good things happen for you, you are actually saving your mindset and you're saving your tenacity. People who believe that they're intrinsically lucky and that good things happen for them will keep going despite bad things happening. They all believe that the next time around something good is going to happen.

I developed this type of lifestyle. I've had lucky girl syndrome for almost the entirety of my 20s and 30s because I realized that I need to grasp onto this concept. Otherwise, life is not as magical and not worth living because I will give up on things. It's proven and documented that people who keep striving for the same goal over and over again achieve it. It's very rare that a person achieves something straight away.

So, the first important part of lucky girl syndrome and how I want to decode it for you is that if you believe you're lucky, you will keep believing that luck is just around the corner. You know that old meme where he's digging in the tunnel and the gold's right here, and he quits and goes back, but the other person keeps it and gets to the goal. That's basically lucky girl syndrome. So it's not just manifestation and esoteric ideas, it's the fact that you will keep going because you will believe that luck's just around the corner or the gold is just at the end of the tunnel. I've had this happen in my life in many ways. For example, when it came to me having children, the first two pregnancies I had had things go wrong in them, and a lot of people can get down on themselves and get really upset. And of course, it was super upsetting, and these videos are on my channel if you want to check them out.

But for some reason, I decided to just feel that I'm a lucky person and that everything will be fine. It's not necessarily that I knew that it would be or anything like that. The reasons that the pregnancies didn't eventuate wasn't anything obvious. It wasn't even explainable. So I just decided that, you know what, I'm gonna feel lucky.

And that brings me around to part two. If you decide not to feel lucky, you are leaving yourself at risk of really feeling down, of depression, of self-analysis to the point of detriment. If you decide that you are lucky and you decide to live your life that way, you will save your mental state and your mind. You can get through life. You can see things as positive.

For example, another example from my life: When my ex cheated on me, I think of it as one of the best moments ever for me. As painful as it was, it meant that I met my husband very soon after. In fact, I only have positive feelings about my ex. Because knowing me and knowing the state I was in, I was very driven and in my masculine to make the relationship work. If I'd stopped doing that, it probably would have failed a while ago. But I was so masculine and so driven to make it work that if he hadn't done something so drastic, I'm a make-it-work type of person. But I'm not a disrespect me and cheat on me type of person. So that meant I left him. Am I unlucky? No, I'm very lucky. I'm very lucky that I had that lesson. I'm very lucky that I met my husband.

I choose to see luck in things, and that saves your mindset and it saves you into pursuing the next and biggest and best thing. Thirdly, lucky girl syndrome is a self-fulfilling prophecy. It's proven in science that if you tell someone to notice red cars because they're trying to buy a red Ferrari, for example, or a red Toyota, you will suddenly start to see everybody with red cars. And that's not because everybody suddenly appeared with red cars, it's because your mind cannot take in the whole world and the whole universe all the time. Your mind can only take in information relevant to you. It has a filter system to take in things that are relevant. So you're there, seeing all those red cars, you're like, "Wow, everyone wants the red car now, just like me." No, your mind is seeing those things. So if you feel lucky and you feel good things happen and good things come to you, you will start to see good opportunities coming to you. You will start to see ways, variables, open doors, and ways that you can get towards your goals, as opposed to the self-affirming prophecy of bad things happen to me, and then you will see the bad.

You need to train your brain to answer questions. This is one of the best things I ever learned to do. If you decide that you're unlucky or you're ugly or you're stupid, your brain can only give you affirmations as to why you are that. Your brain is trained to prove you right because that's an evolutionary system. So if you say, "I'm ugly, I'm stupid, and I'm unlucky," your brain's going to find an answer as to why. "Oh yeah, I remember that time I tripped over the curb. Yep, I remember when I got called ugly. And yep, I remember when I couldn't do that math equation." It's going to give you evidence to prove yourself right because that's what the brain loves to do. That's the brain's comfort.

However, if you say, "I am very lucky, I get things done, I am very evolved, and I'm very pretty, people like me, whatever it is," so lucky as a category, your brain will have to prove you right. So ask yourself that question, sit down with yourself and go, "I'm lucky, and when have I been lucky?"

And your brain will literally answer you into when you've been lucky. So that's the third reason, the self-fulfilling prophecy. If you choose to believe you're lucky, if you choose to believe that everything good happens to you and people love you, you will start to see those things happen in life.

Fourthly, lucky girl syndrome will make the world react to you differently. We all know about pretty privilege, but have you ever heard of this idea where people respond to you how you see the world? A child, before they understand that people can be grumpy and angry, don't really put that on people. There was a book, I cannot remember which one, but where they prove this to be right. Whether there's a man in the airport, he's grumpy, he's reading the newspaper, and everybody sees him as grumpy because we've got that experience. And a little girl comes up to him and she pulls down the newspaper, and she makes a funny face. And he pulls it back up, but instead of her believing that that's an insult, that he just pulled the paper straight back up over his face, she sees that as him playing peek-a-boo with her. Because her self-fulfilling prophecy and her idea is that she's a cute, happy kid, because she's had a good upbringing where everyone just plays peekaboo

with her. So she pulls his paper down again. This makes the man laugh. Now she had a 50/50 chance of him being super grumpy, walking away, and breaking the illusion for her. But the fact that she kept going and decided that this world loves her, and this man is gonna think she's super cute and funny, she got that response from him. So, same with you as an adult. If you just choose, despite any other evidence, to think that you're adorable, lovable, and all those things, and decide to suffer the consequences if you're proven otherwise, you'll be proven to be right more than you are to be wrong. You'll be proven that people actually respond well to you. You'll be proven that people want to be your friend. You'll be proven that if you turn up at the party, people actually would love to see you there. There are all these moments where you are missing out on because you believe you are not lovable and you're not lucky and you are not lovely.

The fifth thing, if you are here on my channel because you are interested in feminine energy and masculine energy, if you're a woman and you are in your feminine energy, fantastic! And that's a lot of allowing, a lot of receiving, and a lot of flowing. And I guess the word "luck" denotes that kind of luck and femininity and buoyancy in life, that everything will just come to you naturally, you can receive from the universe. But if you're in your masculine and you're pushing and you're striving and things aren't happening, I was there. I used to be right there. There's a lot of time where, because of that behavior, you can build resentment towards life. If you're doing everything in your household, if you're doing everything at home, if nobody's doing anything for you, you're slaving away. You are building resentment. You are not getting things done for you, are providing for everybody else energetically. You can then become super resentful, and people will not be attracted to you. Life opportunities will not be attracted to you. So almost like Eagle syndrome can be thought of as stepping into your feminine and allowing life to flow.

I only experience success in my business and in my life when I completely stand back from pushing into something and decide to put out what I'm interested in and let the energy flow towards me. I think we're on number six if you believe you're lucky.

You're more likely to go for amazing man, amazing things, amazing opportunities, go to amazing parties, buy that beautiful dress, and why not? The most exciting and best thing that I've ever experienced in my life is pretending I'm the main character of the movie that is my life. It's literally my obsession. Like the potentiality of growing from who I was to where I want to be. Like who am I going to be in my 30s, 40s, 50s, 60s, 70s? Even that seems like something I can't conjure up yet, but it's such an interesting idea.

I think that if you do not believe you're lucky, which is the sixth point, you're gonna miss out on incredible opportunities in your life. You are not going to put your hand up for things. You are not going to apply for that thing. You are not going to start your podcast. You are not going to start a YouTube channel. You are not going to try and take on amazing things and go to amazing places because you feel like it won't work out for you, and then it probably won't. And again, that's a self-fulfilling prophecy.

On the note of some people not liking the law of attraction called the lucky girl syndrome because of life circumstances, I understand where that could come from. I was born in a very small town. I don't remember it very clearly. My mom immigrated. I come from a single-parent household where Mom worked all the time around the clock. I understand loss, not to the extent that most people. I always see other people suffering as greater than mine. That's not a comparison, nor should it be. For some people, something small could be terrible, and for others, the biggest thing is fine.

But I would say that I believe in mindset and I believe in empowerment, and everybody deserves to have a mind that is comforting to them and a mind that sees potential and a mind that sees this one life that you've been given as something special and something incredible and something lucky. I feel lucky now that I've changed my mindset to the fact that I was even born. The idea that you were born out of the trillions of opportunities and possibilities, that when your parents even got together, that it was on that day that the egg that your mom had was you. All these things, these minute details had to align for you to be born, and your ancestors before you, all of them had to go through everything they have been through to arrive at you. So I just feel like luck is just inbuilt in my system at the moment. I feel incredibly lucky when I get a good park. I feel so lucky when I, you know, get a good review on my course, the 20 feminine energy principles that you can find in the description box below. Thank you for everyone who's bought it and who loves it. It's my little baby.

So I just feel like if you inject luck into your life? You will live a much happier, healthier, better life. Let's talk about the practical tips and concepts of how you can implement this in your life. I think, in order to implement this, you need to become in awe of things around you. So, you need to have a practice of gratitude. Every night, I like to do it at night, I write down three things that I'm grateful for, and that cannot be the same things. It cannot be my husband and my son, my cat.

Next day, my husband, my son, my cat. Next day, my husband said, "No, it's gonna be something that you're in awe of, like nature." I'm looking up here because I'm just looking at the sky and nature and trees, and sometimes I get super in awe, like to the soul, to the solar plexus, of the fact that um, the beauty I can see. Number two, you need to write down your self-concept. You need to become obsessed in becoming her, H-E-R, H-E-R, that capital letters woman that you want to become. Her details, the colors she wears, the clothes she wears, almost like a brand, like the nail shape she has. And like I'm a very detail-oriented person when I come to this, the more detailed, the more you can envision her.

Start building your life towards her and moving in that direction. You need to have this idea and make it as aspirational as you want, but at the same time realistic. In terms of, I'm never going to look like JLo, but I might look like Michelle Pfeiffer, for example, right? So, by the way, Michelle Pfeiffer is so cute. I'm not comparing myself, but you know what I mean. Um, in, in types. So just start to move yourself towards that idea. Become obsessed with who it is that you could be if you were the luckiest person in the world. Fall in love with that character.

Number three, when you're going to bed or when you're on a walk, you know those moments when you visualize like what you should have said to somebody in the moment when you should have said it. Instead of visualizing those things because remember how colorful they are when like somebody insults you at the store and you're like, "I should have said, well, if you're gonna wear red shoes, then you should..." You know, all that garbage. Instead of putting that emotion into something like that, visualize your future and who it is you want to be and how people respond to you with the same amount of emotion that you visualize your bad things that you're scared of. Irony with emotion behind it, and only with feeling attached to it, are you going to move towards that vibration? Really imagine the amazing things that could happen. Start scripting your life. What could happen? Who could happen? Who do you have to be to get that? All those things, have it in the top of your mind, always thinking about it.

So, I just wanted to kind of break down the Lucky Girl Syndrome for you from my own lens. Um, I love talking to you. I think it's useful, and I think it's vital, and I think the best takeaway from the Lucky Girl Syndrome is the self-fulfilling prophecy and the fact that it can really save you. It can save your life because bad things can happen, and they will happen, and they happen to everybody. And sometimes you see the people who you perceive to be the luckiest and the most successful, I've had the hardest lives, but they just didn't see that happen, almost they didn't almost feel it into the universe, and they gravitated better things. I hope you have a good day. I hope the best things for you, and I hope this video helped. I love you.

This Video Will Make You Confident

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I just want to park here on the street because my camera is with me, and I want to talk to you about confidence. Okay, now, I, as I was driving, decided to make this video because it's such a mysterious thing to me. Like, it's so intangible because there's a lot of videos on about how to act confident, how to act confident, how to appear confident, how to do all those things, but there isn't much about how to actually feel it. And I have definitely been on the journey of trying to feel it my whole life because I think I was partly blessed in terms of innate confidence for a reason I'm about to tell you, and also innately not being confident for another reason I'm about to tell you. But I've come up with four, four things that you need to do, so I will tell you about them. I hope these people on the street do not think I am, you know, filming them with this camera, but even if they do, it is what it is. You know, we gotta talk.

The reason I feel that I have an innate advantage is because I moved to England when I was seven years old, and I spoke no English. It created this thing in me where I almost disassociated and disidentified from people who I could speak to. I went to school but could not speak the language, right? So it's almost like I got removed from peer pressure at the same time as being completely different. It also made me really robust because for about two years, I did not have a grasp on the language. It's not even in my memory of how it happened, but it's like I've forgotten it. But I think there is a part of me, a huge one, where I feel no peer pressure in my life. I don't care what someone else is doing. They can do themselves, I will do me.

If people tell me, "Oh, but someone else is doing something else," don't give a tiny rat's ass. Just don't care.

So that's an advantage I have, almost from having to be a little bit isolated. My struggle with confidence comes from the fact that, I guess, growing up without my family around in a different country and not having a relationship with my father, you start to question your value, how you appear, your confidence, all those things. But this video is not about me. This video is about you and how that can change for you.

I'm gonna sit up a little bit and get in your face so we can talk about all the qualities. Number one is growth. In order to cultivate confidence, you have to have an element of growth that you are constantly working on. I don't care if you're a man or a woman or a tree or a plant (which is the same thing) or an animal. You have to have a mission and a goal that you're striving towards and working on. And you have to have a sense of letting go of the ego whereby you don't think you're the be-all and end-all as you are, but you have a sense of consistent growth and consistent striving towards betterment.

When things happen, you should ask, "What is this lesson trying to teach me?" When things happen, you should say, "What is the universe giving me in order to cultivate something else?" Because it doesn't happen for no reason.

If somebody's treating you badly, they're treating you badly so that you've set a boundary and you say, "No, my friend, enough. I am not going to put up with it. This is not for me. You have chosen the wrong person." You need to take experiences in your life with that kind of grasp and tenacity whereby you go, "Okay, I'm at level this, and I'm gonna get to level that," because all of this idea of like, "You find the way you are, it's fantastic. Oh my God, why are you so aggressive? It's fantastic the way you are." That's not where confidence comes from. Confidence comes from knowing that you started somewhere and you got to somewhere else with your sheer tenacity and spirit and idea of where you want to go.

We'll circle back to it, but I want to tell you about concept number two, and that is self-acceptance. Now, those two things, it's so difficult. Like, how do they go together? Self-acceptance but growth? They go together thusly. In order for you to know that you can grow, you've got to have radical self-acceptance. You have to say, "I am bloody amazing the way I am," just by the sheer gratitude and luck that you have for the fact that you were born. For the idea that all the things lined up, all the things lined up in the world for you to be born. All your ancestors had to survive through plagues and mammoths and whatnot happened. They had to survive for your beautiful being to be here, right? That sheer gratitude and just like, "Oh my God..." This is crazy that this got to happen. That I'm here and self-acceptance in times of, like, yeah, maybe my face is not ideal, maybe my body's not ideal, but it's my body, and it's here getting me through life. And not only is it doing that, but it is the face of all those ancestors who came before me and you're the "Oh my, I don't like my nose." You cannot like your stuff. You cannot like your stuff, go and get surgery or learn to accept it because this is who you are. Your face shows your heritage. Your face shows the incredible people that came before you in order for you to look the way you do.

So it's radical self-acceptance and knowing that, man, I'm so lucky to just experience this. I get to be a part of this movie that is life. I get to be a part of this, man. How cool? And at the same time, I'm just this little human being who manages the best they can every day. And even if I do nothing in life, that's okay because at the end of the day we're all gonna be gone. So even if you do the craziest things, it won't matter because we will be gone. But it matters so much because you just get a blink of an eye, right? And it matters so much but it doesn't matter at all.

So that's the self-acceptance piece that you know, it really doesn't matter. You're just a human being. You're making your best effort. But layer growth on top of that. If you're not growing and you're standing still, you are like a bog that's declining. And if there's no movement, there's no growth. There is no life. That's the rule of nature, right?

So you're there. You decided you want to be confident. So you've laid self-acceptance and forgiveness with growth. You know, growing, you're striving. What's next? Let me ask you a question. If you're confident in a friend of yours, you're confident in your friend. What does that mean? You're confident that they're going to show up for you. That's what that really means. Confidence in a person means that you're confident that they're going to show up for you and be there for you and be a solid person for you. Now, we really know how to extend that to someone else. We really know if they let us down. We really know if they let us down, like in an appointment or some kind of variety like that, right? We know they're like, "We're like they're always reliable. We're always there. They're committed." The word is reliable, committed.

Now, you've got to cultivate that onto yourself. You've got to use the same deployment of energy onto yourself. If you cannot trust yourself to show up for you, how can you be confident? If you're confident in your friend Elizabeth that she's going to show up, but you're not confident in yourself that you'll show up for you, that's where you're lacking confidence. If you've set that appointment to go to the gym, show up like it was for a friend. If you've set that thing to do, show up. If you said, "I'm going to take care of you, my body, my mind, my this, my that," show up. Stop breaking promises to yourself. Become a person of character, become a person of quality. Be on time for yourself. Come on, man. Like, stop with this behavior that you wouldn't accept if it was a friend doing it to you.

Lastly, vulnerability. So you're there. You have accepted yourself. You've layered it with growth. You know where you're going. You've layered it with commitment because you don't want to let yourself down. And the last part is vulnerability. So when I show up in a space or I show up in a room or I'm working or I'm doing everything I'm doing, humble knowledge that I don't know everything and I am the first to put up my hand and say, "I don't know, teach me." I don't have to be the best at everything. I don't want to be the best at everything. What the hell is being the best at everything? Who is that? Who is that the best at everything? That's a really bizarre person to be.

Vulnerable, say you don't know, say that you love someone, say that you need someone, say all those things that make you feel vulnerable. And you get this vulnerability hangover. Just say them because that gives you confidence. Because you know why? It means that you can't lose face. It means that you have an awareness of your own humanity and your own vulnerability, and you're willing to voice it and face it in the world. And not be the best and most bombastic person, but you are just you. And then nothing can really be done to you because you're there. You've accepted yourself. You're growing on yourself. You're showing up for yourself because you're keeping that commitment. And at the end of the day, you're willing to say, "I'm not the best and most incredible person, but that's me, you know?"

Because what is confidence when we get it taught online? Um, it's like walking in a certain way, talking in a certain way, looking a certain way, dressing a certain way. A man gonna make a video about that, about how to look confident, me and how to look confident, that's my jam. So if you want that video, let me know because people won't know what hit them if you show up high to how I tell you to, okay? How to feel it is keeping those promises, is growing, you know, having goals, is accepting yourself, and is being vulnerable. That's the fool.

I made some notes, let's see if I address them in the thing, but um, number one, value is what you set as your own standard. The concept of being high value as a human being is not how you are valued by your external surroundings, it is how you value yourself and what you let yourself show up for and what you turn down and the boundaries you set. You need to turn up for you.

Commitment equals excellence. I've written this down as a note, commitment to me equals excellence, and I am confident when I am excellent. I don't, you know, you realize you'll never be the prettiest, strongest, cleverest person ever. Never. You can't. It's not possible. So why are you competing with that? Don't do it.

Part of the commitment, um, tribe is honor your word. You will build confidence if you are not a jellyfish in life who is spineless and does not know where it's going. You will build confidence in life when you show up and you honor your word.

You also must understand and acknowledge that life is a series of trials and tribulations through which you overcome and you create your identity. You will create your identity by meeting those challenges and meeting those things. Like say someone ghosted you. How you act once they've ghosted you is what's going to set the standard of your confidence in your own head. Are you going to write on the phone of why they shouldn't have ghosted you and come down to that level of begging them? Are you going to move on? Are you going, what are you going to do? That's what sets your confidence, not how it made you feel, not anything. It's about bam, this happened, now what? What are we gonna do with them? Well, part of it is. Part of it is sticking to boundaries. You've set boundaries. Boundaries are easy to make up, but they're not easy to stick to. So if you said, "I won't be treated that way," you've got to stick to it.

Those are my notes, guys. I think confidence is a powerful tool. I want you to move through the world in a way where life feels both exciting but easy because you know what will be, will be, and you know that you can meet any challenge you're faced with.

Thanks for watching. I'll see you on the next one. Please subscribe. It will mean the world to me.

Self Concept Changes Everything

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Here's the thing about motivation and generally achieving anything in life, whether it be weight loss or getting that guy that you really like to text you back or anything really, and that is motivation and achievements got nothing to do with how much you can make yourself strive towards it or go towards it or how you can act in front of the guy or how you can make your husband chase you again. It's got more to do with your self-concept, with how you see yourself.

In the beginning, I went into a space in my life for about two and a half years since I had my child and the global situation and the foot surgery where I started seeing myself, and my self-concept became one of somebody who eats junk food, doesn't exercise as much, hasn't got strong will, all these things. Yes, I'm still myself, and the basis of my personality is still there, but self-concept is not necessarily personality.

Where there is motivation on one side and there is self-concept on the other, the difference is this: if I want to let's take the eating situation, if I want to lose weight or get fit or healthier, let's just say healthier as a blanket term, motivation would be, "I am ready. I can do this. The morning has come." You know, "I cannot eat that junk food. I've got to get out of the house and work out. I have to. This I have to become from what I am in the moment to something else."

And the bridge between those two things is this motivation. What happens on day seven when motivation wanes? Somebody says something that brings you out of that motivation. Somebody hurts your feelings. You have an argument with your spouse. Motivation cannot be sustained for months and months and months on end. So the bridge from who you are right now to who you want to be essentially can be snipped with a mere scissory snip of the, of you just waning for a minute. So you cannot cross that bridge while self-concept is you deciding that even though you might not be healthy right now or you might not be eating well right now or you might have not done so for two years. Suddenly, it's almost like you jump into somebody else's body. The you that you decide to be, the self-concept of who you are, is a healthy girl who loves healthy food and knows how good it makes her feel. And suddenly, you've jumped into this body that your bad habits have created, and you don't even have to motivate yourself anymore because your self-identity is that of that girl who wants a healthy life, who wants a healthy future, and who is healthy right now. There is no motivation needed, there is no bridge to be crossed. You are in that identity right now.

So, when you have that argument with your spouse or you have that bad day or you see that chocolate bar, because your identity is of that girl who doesn't want that, that's not going to serve her, she's got a higher purpose. She's, you know, doing this for her kids, to be a role model, or she wants to create an amazing career for herself where her body needs to be at its prime, whether it's for the looks, let's not deny it, or whether it's for the optimal use of your actual body. She's no longer interested in satiating herself with junk food. Why? Because she's not that person.

And every time I've achieved anything in life, it's not been through motivation, it's been through self-concept. How do you achieve that self-concept? It can apply to relationships too. On my Tik Tok, which is relationship-focused, I get so many DMs like, "How do I not message him? How do I not chase him? How do I not go for the wrong guy? How do I not do this?" And the answer is just be the person who doesn't. Be the girl who doesn't. Start to see yourself differently.

When you think of a movie character, who, I don't know, maybe Angelina Jolie in "The Tourist" or whatever that movie's called, where she's super chic and wears those cream suits, you can visualize yourself as that type of person. You can embody that type of person before you become it. But instead of going, "Oh, one day I will get to that through the source of motivation," no, you just drop it and say, "Right now, from now on, I'm Angelina Jolie in my cream suits. She would not wear those jogger bottoms or whatever it is, bloody outfits that you've been wearing. She would wear sophisticated clothes. That's an example. In relationships, it works the same. If you decide to create an identity or be the girl who doesn't chase men, who knows her self-worth, yes, it's not going to feel right immediately. The inner body feeling is going to feel strange because you're going to feel like, wait, is this really me? But the issue isn't about whether it's you or not you. The real issue is, this is the only way you can be because where you have been has become such a pain point in your life, whether it's lack of health or chasing men who are inadequate, that it's no longer serving you.

You need to just let go of this self-concept that you used to have of this unhealthy person who doesn't know what to do. You know what to do. You have inner knowledge. It's not about another course, it's not about another book, it's not about any of it. Coffee break. You ask me on my TikTok, what is a book I can read about feminine energy? We all know what type of woman we want to be. We just want someone to kick us up the ass and give us the motivation. We want to read that book and drink the Kool-Aid of motivation. And it's almost like having a little motor engine shoved up your bum where you just start going off and you know, doing it. But it's not about that.

I've done it several times in my life. The first time I did it was, um, I was a deeply average child. I had deeply average self-image and body. Didn't even think about it, um, until somebody entered me into a Miss Universe competition and I thought that would be fun. And the coach there told me, "Listen, you are like five set dress sizes overweight and look, you can be if you want to be, but for this specific sport or whatever it was, you need to be this." And suddenly, I just decided to change my self-concept. I was like, "Oh, I want to try my hand at this pageant thing," and I just stopped eating my kitty snacks, stopped seeing my body, how rude, how rude, stopped seeing my body as something that, um, is just basically added on to me. As opposed to one second, let me beat these people up. I stopped seeing my body as something that is just like an appendage that I just put anything into, but I was like, "Okay, it's almost like being an athlete or something. How am I gonna treat my body to achieve this goal?" And I did.

The second time I did it in my life was probably with my relationship. I had a very anxious attachment style, um, I was convinced that everybody is going to leave me or, you know, that people don't like me and what you do with anxious attachment is you try and latch onto people, you try to grab onto them to make sure they don't leave. But what that creates is the actual opposite reaction. People start to run from you because whatever you chase runs away. Um, that's the dynamic of the universe and it just didn't work.

Until one day, I woke up and I realized, no, I am that girl who's got self-worth, and I need a man who's worthy of me. And that's what's gonna happen. That's just what's gonna happen. And it does. Relationships, weight loss, life goals, anything. You have to, in the moment, understand and believe that it's something that is accessible to you.

I'm choosing to ignore that because we need to talk. You need to choose and believe that it's something that is accessible to you. If you feel like you're here and want to get here, and most people say, "I don't know how to get from here to here," the fact that you've already said you don't know how to get from here to here shows and denotes to the universe, and to you, and to your own body, every fiber of your being that you are not that person, that your self-concept is not that. You almost need to be like Michelangelo, where you get a slab of stone and you already know that that statue already exists inside. You're just etching away at the edges.

So you're not trying to get from this person to this person. You're already this girl, this high-value woman who's got all this self-worth and all of it. And you just need to know that if you've got excess weight, it's going to now drop off because you, as this person, do these sorts of actions. That type of woman would go get her hormones tested. That type of woman would eat a diet that suits her. That type of woman would know all these things. And she would not be thinking, "Oh, it's not working, it's not working." She would have the inner knowledge that, of course, it's going to work. There has to be some trust in the process and the universe.

There are no guarantees in the world. Everyone constantly talks about "in relationships, you've got to make sure he doesn't this, you've got to... Well, what if he leaves? What if he cheats?" Well, eventually he's gonna. Why are you programming that? Why are you programming that into the world? Should we not deal with that disaster once it happens and if it happens? But if that disaster does not happen, why have you programmed every fiber and molecule of your being in preparation of this, and then when it happens, you're all, "I knew it would happen. Why did you choose someone like that?" You've already pre-ordained your future. "Oh, I can't lose weight. Oh, I can't look good. Or people don't respect me. Oh, of course, he's gonna cheat." Well, what do you think is going to happen? That's your self-concept. And you know what, if some tragedy does happen, let's say you trust someone and they cheat, don't you think you can pivot better in your life if your self-concept is of a powerful, amazing, goddess-like woman who is in control of her body, mind, life? She's trusted this man to be with her, and then, okay, he cheated. Well, well, she's still in her power. She can now pivot and open the door to the next 500 men that are lining up, do you know what I mean? As opposed to being ready and preparedness, um, that might happen.

Your self-concept could either completely create you or completely destroy you. And recently, after two and a half years of just binging random foods, acting like, "I don't know," I just decided to remember who I am and changed my self-concept. I decided that I work hard every day. There is not a day that I don't work because that's what's going to serve me right now. I decided that I'm the type of person who knows what foods I need to eat. Suddenly, intermittent fasting became easy. Keto diet became easy. Do you think it was easy when I was trying to just be disciplined or trying to just feel motivated? No, all I thought about is bloody food and when I can eat.

But when your self-concept changes of who you are, it's not a leap anymore. It's just who you are. Try it. Try and embody this woman that you want to be. Get a piece of paper and write down, like the Angelina Jolie example. Who is it that you want to be? Do you want to be her? Do you want to be Michelle Obama? I don't care. Who is it? Who is your image? Who is your enemy? Is that your mother? Is that your grandmother? And act like they act until it becomes natural. Be already in your self-concept as opposed to trying to get motivated, trying to do the right thing, trying to get disciplined. Forget it. You can do it.

How to Inspire His Masculine Energy & Change Your Relationship

Margarita Nazarenko

WOMANHOOD | SELF DEVELOPMENT | LIFESTYLE



Hi, let's talk about you stepping into your feminine energy. You've understood the benefits of it, and now you want him to step into his masculine. What does that mean? Where do we go with that? Where do we go from here, and why would you even want that?

The first thing to keep in mind is if you are thriving in your feminine energy and want him to step into his masculine, but you met him while he was in his feminine energy, then there are two things that could happen. Thing number one is he follows you and resonates with your new femininity and just explodes in, you know, happiness because he wants to thrive in his masculine also. Or the second option of what could happen is that he is not down for it. He might be in his feminine energy because it's more comfortable for him, because that's where he thrives.

And so, in doing this, one of two things could happen. You could have the best, most boombastic relationship of your life with both of you with your balanced polarities. Or you could end up two people in your feminine energy, and that's a disaster because you're just going to repel each other. It's like magnets.

So, knowing that going into this video, that is the first thing. And the second thing is this: you cannot force anybody to do anything. It's like a diet. You want to change your diet, you want your partner or your spouse to also do that thing, it's on them. The best thing you can do is probably inspire them through doing it yourself and them seeing the changes in you. Do not come and say, "Look babe, I've decided to be in my feminine energy, you need to man up or get into your masculine right now." Don't do it, baby, don't do it. It's not going to go down well. You stay on your journey and let him go on his. You cannot force him. But as women, we can't deny that we do crave it. We crave it. So, this is the video for you if you've realized you crave it and you have enough insight and forethought to know that maybe some of the actions that you are taking are stopping him from being in his masculine energy. So, let's go through those and discuss what we can do to help him shift.

The first and most important thing, and the hardest thing to get around, is control. There is toxic masculinity that everyone goes on about online. I mean, it's talked about until the cows come home. We know exactly what it is, you know, patriarchy, the works. But what is toxic femininity? What men have in strength and power and dominance in the world, we have in our persuasion, inspiration, coercion. We all know the expression "mean girl" from school. There isn't a mean guy. He could be a bully, but it's usually one, and he's usually an outsider. But a mean girl, a group that could just destroy your reputation or make you feel like you think you're something that you're not. We have this influence on the men that we are with. And by you controlling him constantly and trying to tell him what to constantly do, you are using that dark, negative feminine power in order to convince him that he is not capable.

You need to understand that by constantly pushing in his face that he's not capable, have you done this? Have you stacked the shelf? Have you done this? Have you done this? You are forcing him into incompetence. And yes, there is fake incompetence in the world, but I'm talking to you because you're the woman watching this. So, I am trying to help you. If I was talking to him, I would tell him another set of things that would help him. But this is for you.

You cannot keep pushing somebody into believing that they do everything wrong and that they need to be controlled and essentially mothered, and still expecting them to step up. There needs to be a transitional period. Where you just let go, and you stop, and one of two things could happen. He could step up to the plate and get into his masculine and lead, or you'll realize that both of you are just sitting there and nothing happens. But you need to give it a month. You need to give him space to realize that, "Hey, I've got an opportunity now. I can really expand what I want to do. Who am I without her telling me exactly what to do? Who am I without her planning? Without her being in her masculine? Where's the masculine energy coming from?"

That is the first step: controlling. Where are you going? Why are you going? What does that mean? Where did you put that? Did you stack the fridge like I told you to? Don't you want to see who the man naturally is? Don't you want to see who you chose for their nature, for their truth? Imagine somebody had to control you and herd you like a farm animal because they had such little faith in the reality of who you are. I don't know how that would feel, but that's definitely what we do to men.

Hand in hand with nagging, that's number two: nagging. The battery died, but we moved because we're talking about something important. The feeling of constantly nagging at somebody and trying to influence them through beration is an interesting concept. Because it might cause them to shift and do what it is you want them to do, but ask yourself whether you want to live a life whereby you are the driver of the ship and you have no faith in the people around you. That they might do what you want them to do, but there is not going to be an inspiration of them feeling like you are something or somebody that they want to move mountains for. And let's be honest, it's like what we crave as a woman. That's why nagging feels so bad.

When you're at work, let's say when you're in your masculine energy and you're running an office or a team, but you might feel quite powerful and you're like, "Right, guys, this is what we're gonna do. I don't want to see you guys slacking. Come on." You don't feel bad about yourself at the end of the day. You don't feel like an energetic shittiness, let's put it that way. But if you have to nag your man into doing what it is you want him to do, at the end of the day when you put your head down on the pillow and you're falling asleep, you're not like, "Yes, got him to do that thing." You're thinking, "Why is it like this? There is something in you that isn't enjoying it." And that is because you are driving that ship.

So stop controlling, stop nagging. Let's see this person for who they truly are, which brings me to step number three: playfulness. If you are going to be in your feminine energy and you want to see him in his masculine, what kind of masculine man is he? What is he going to bring to the table? Let's see him for who he truly is. And the only way to do that could happen is if you are playful, as opposed to questioning him about everything. "What did you mean when you said that?" "Is that how you see me?" "Do you think I look good in this?" Stop trying to get into his brain and pry out the information that, to him, seems so pivotal. I've come from a background of that. It's also really attached to anxious attachment, where whatever value that person holds means so much to you that you want to pull out what it is that you think they see you in a negative light about, and essentially, it causes a fight. Because a lot of times when a man is in his masculine energy, he just wants to make you happy. That is what he wants to see. And if you lack that playful, happy energy, he cannot even cling to what it is he could do to make you happy.

And I know in the comments, you're going to write to me, "Oh, but he's not done it for so long." First, you need to remove the wall of criticism, nagging, controlling, and deploy that playfulness. Things that he used to say that would bother you, just drop it. I used to be so bothered by comments that men would make to me when they meant something in my life that it would just ruin everything. I chose to take things lightly. If you love that person and you want to be with them, try taking things lightly for a certain amount of time.

Number four is you have to tell him what you want, not tell him off about what you don't want. Can you see the difference? If a masculine man's main prerogative is to make his woman happy, then surely you need to understand that you need to give him the algorithm for how that happiness can be created. It's like any plant. If he is the gardener and you're the flower, it makes him happy to see you bloom. And it makes the feminine happy to be cared for, watered, provided for, etc. You need to give him the steps, like the pamphlet, to that plant. You need to give them that pamphlet. So, as opposed to telling him off when he does something wrong, I want you to try saying, "I love it when you..." "I love it when you..." "I love it when you took me, um, you know, to that barbecue restaurant. I don't know from the top of my head." "I love it when you give me small gifts." It's not going to shift straight away, but try it. Try telling him the manuscript of how to make you happy. One sentence, and just leave it randomly. "I love it when you put gas in my car." It's so helpful when you live in a family life. And family life isn't like you both looking after children. You're both managing the household together. We intrinsically do a lot more. We notice a lot more. We see other people's needs a lot more as a blanket statement.

Not everyone's the same, but let's just go with it. We're always there, sometimes it's hard to tell him what it is we love because we're like, well, surely he should know. But often, they're not as emotionally intelligent as we are. I'm just trying to give you the manual to make you happy. As in, you watching this, I want you to be happy. And sometimes, you have to come over your own hurdles and push through your own obstacles in order to do so. I had them too. I was all about, "Yes, but he should know, and why should I tell him?" I tell him, give him the pamphlet.

Number five goes hand in hand, is admire his actions, not his looks. And it's like, "Oh wow, you've got such green eyes, great, he's got green eyes." Admire his actions, current and previous. If you want him to repeat actions more and do them, you need to be the witness. The feminine witnesses the masculine's efforts, and the feminine puts boundaries. So when he does something you don't like, don't go on about it, say it once, that's it. "I don't like that." Remove yourself from the situation if you must. I get a lot of you asking me what to do if a man, I don't know, raises their voice at you. You need to remove yourself from that situation. A boundary is a boundary. Your boundaries have to be very, very strong. But at the same time, you need to admire his actions. You need to be the mirror through which he sees himself. Because biologically, women are the choosers of the men. Animal kingdom, us, biology, everything. We choose the man. We say, "Yep, I rate this highly. I'm going to marry him." As in, marry him, as in, like, sleep with him, mate with him, have kids with him. Because I rate the qualities that he has highly. And at some point, we stop.

So if you want him to be in his masculine energy, voice those things. It might feel cheesy. "I love it that you always look after us as a family. I love it that you planned this day." You know, voice admiration. I think a strong point to make is number six, understand your way isn't always the best way. If your way was the best way, then maybe we should all just marry ourselves. There is a reason we get with the person that we get with. There is something he's got to teach you. It's not possible that you know the right way about everything. I like to stick in my own lane. And if you want your man to step up in his masculinity, you need to give him open fields in areas of your lives. You cannot be the CEO of every department. There needs to be an essence of letting go. A good thing to ask yourself is if you are worried at this point that nothing will ever happen. Nothing will ever happen. I think scarily enough, it's very important to ask yourself why you chose the man that you chose. And it's very important to do this exercise of letting go of control and letting him step into his masculine. Because it's almost pivotal and vital to find out who it is that this person is at the end of the day. What is this matchup? Why have I started not to trust him? Is it me or him? Is it me that feels the need to mother him and all these things? You need to remember why it was that you found him so inspiring. Why did you choose him? Most of the time, people go, "Oh, he was like this, but now he changed. He doesn't anymore. So, he got ruined with you. He was ruined with you. Hmm, that's interesting. It was a time, is he like spoiled milk? Did you just get spoiled? Or is it the atmosphere? I don't know."

Very important, number seven, is the light of focus should be on the feminine of the relationship. You should be focused on you, and then he'll be focused on you. It's almost like you dictate the nature of how the relationship goes. Now, just because you focus on yourself doesn't mean every single man in the world will focus on you, but it certainly will do one of two things. If you focus on you, your progress, your passions, what you love in life, you will be like a magnet to people who want to be around you. So if he already loves you and wants to be with you, you are going to be like a beacon of shining inspiration to him, where he's just trying to get into your life.

It's a proven hypothesis that when women focus on themselves and can make themselves happy, men almost want to compete with the happiness that you're having from somewhere else. And I put that bluntly, in almost a very dramatic way, but people are more attracted to people who are already happy, not people who are miserable and needy and want something from them. And if you truly are miserable and needy, and there is some issue like that, then therapy is the thing that you need to do for yourself. You need to focus the light of self-improvement, self-love, everything about yourself, and stop focusing on him.

You cannot have time to think about why didn't he text me back? What is he thinking about doing with me? If you're thinking about that so much, you're in that driving masculine energy or you're in a negative feminine energy. It's a wounded feminine, like, "He's gonna abandon me" and all these things. You need to work through it. I have a video about how I change my attachment style, and you can watch it.

Maybe it will help you. And it needs to be self-work. If you want him to be in his masculine, you need to literally, if it's a spotlight, direct the spotlight onto yourself, not on him. Because when you're directing the spotlight on him, you're forcing him to be in his feminine. He's the important one. What does he want to eat? What does he want to do? What do you want to do? What do you want to eat? Who are you, baby? Who are you? Is the important question. How is he supposed to love you and admire you when you've become a gray, empty shell of nothingness? When you become a fan of him, what can he admire? There's a reason that goddesses are worshipped because she is the goddess of something, right? If you look at mythology, she is the goddess of something. If she was the goddess of nothingness, how could he worship her?

Number eight: If you praise someone for something that they are, they will become that. And if you penalize for something that you think somebody is, they will become that. It is a self-fulfilling prophecy. It's exactly along the same lines as manifestation. Everyone has good in them, okay? Everyone that you would choose in your life. Okay, I'm hoping some people are. I don't even understand how some people exist in this world with the things they do, but let's just say the partner you chose has good in them. Start to notice it. Start to praise it. Start to speak light into it. Start to speak words into it. Start to really admire them. Start to believe it in your core, like manifestation. Like when you start to believe in something for yourself and then you can bring it into your life.

You need to start to see beauty in your partner and have faith and belief in them. You almost need to deploy that in order to see what happens. People can really thrive when somebody truly believes in them and praises them and sees beauty in them, especially when it's a feminine to a masculine. When she sees what he can do, when he sees his potential. Hence the wording of "every great man, there's a great woman behind him." And I know it's been twisted into like, "Oh, why is she behind him? She should be in front." Sure, it works in both ways, but I believe that I can almost speak light into the partner that I'm with in order for them to excel more. There are so many times that it happens that men exceed expectation. I think many people have spoken about it. Barack Obama, if he didn't have his wife, he wouldn't be where he is. You need to start seeing the goodness in him for that goodness to be created. And you know yourself when somebody sees goodness in you, when somebody says to you, "I know you'll be there for me because you're that type of person," it's much more inspiring to be there for them, as opposed to if they say, "Yeah, I don't know if you'll turn up, whatever, if you let me down, you let me down." You yourself know in your heart as a human being which person you'd be more inspired to be there for.

Lastly, number nine. I think the most inspiring thing, you know, about the male gaze, how they see women, but the most inspiring thing for a man is the feminine gaze on them. It's almost like they can picture themselves as to who they're potentially going to be in this world, the type of man they can be, and the type of masculinity they can deploy through your eyes. And in order for him to feel that, is you need to show him that you need him.

We've been told a lot not to do that because in our society, what's celebrated is independence. You can be by yourself, you can spend time by yourself, you don't need other human beings. You should be able to be a man and a woman and your own best friend and literally just sitting in your house behind your white picket fence and be alone. You don't even need to have children, you don't need to have a pet, nothing. That's just you. But the reality is, we are interpersonal beings. We need each other. The structure of who we are, even down to attachment style, when someone is born, if they are not hugged in experiments, they suffer and die despite being fed, whilst the babies who are malnourished but hugged thrive. We are so dependent on it.

So, I know you've been told a lot that men aren't needed and you can do it all alone, and you can. But why do you want to tell that to somebody? Don't you want to show him that you need him? Give him the freedom, stop controlling him, but at the same time, praise him and show him that he is needed by you. How do you show someone that you need them? By deploying genuine gratitude, praise, seeing goodness in them, telling them how much they enhance your life and understanding, that relying on someone doesn't make you powerless. I want to rely on my husband. I'm not going to tell this to his face, but I'll tell you.

I could do it without him, of course, but what kind of dynamic would it make in a relationship for me to sit there and tell him to his face? What is the purpose? What is the reason? What am I trying to prove?

Everyone who comes into my life, I try and improve their self-worth and self-knowledge of being somebody who is worth having around and important. And you know yourself, if somebody tells you, "I need you, you're the best friend I've ever had, I couldn't do it without you," it really motivates you to do more.

So try it, try doing those things. But remember, at the end of the day, you cannot make somebody into something that they're not, and you can't force a square into a star shape by pulling its corners. But you can certainly work on you, and you can make the shifts that would mean either he steps up into his masculinity or if he's not the one for you and you're disappointed, the right person will come in to fill that square shape.

Anyway, I hope this video helped, and I'll see you in the next one.

How I Finally Lost 7kg (16 Pounds) in 2 Months

Margarita Nazarenko

WOMANHOOD | SELF DEVELOPMENT | LIFESTYLE



Let's talk about it. How did I lose seven kilos or 16 pounds within a few months? Seven steps, and this is coming from a person who I was so lost about it for a long time, and I wasn't sure. I watched videos, I read things, I did all kinds of malarkey in order to get to where I am, and I'm not finished going to where I'm going. Um, but I will start this story off by firstly telling you my height and my weight, where I'm trying to get to, and then I'll tell you the reason and the past, and then I'll tell you the seven steps.

So I started off at 75 kilos, which is this many pounds. I'm 170 centimeters, which is five foot seven. I got there with a trifecta of reasons. Number one, the global issues that we've all been going through. Excuse me, touching my hair. I'm just gonna get into this video. I also had a baby, and I also got incredibly invasive foot surgery, so I was on crutches and unable to move around.

The whole piece about the baby isn't just the fact that I got like baby weight, but it was the fact that I had hyperemesis gravidarum. If you guys have followed me in this um format because of it, it's a really popular video on my channel. It's basically um when you throw up a lot, you can't keep down liquids or solids, and you just go into shock with your body. You have to be on IVs, and you cannot keep any food down. Sometimes though, when you come out of that experience, what happens is your body then starts to hold on to liquid and calories basically. Um, both psychologically and also physically, the reason is you've been starved for so long and then suddenly you start eating, and psychologically your brain just doesn't understand that you will be fine and you will get food. So, I just started eating. And also, I was postpartum with a small child, like I wasn't sleeping. So all I turned to was fast, carb-heavy foods.

In context, in the past, before all of this happened, I was 58 kilos. So, that is almost 20 kilos. Well, not almost 20 kilos, but you know what I mean. 58 to 75 is a whole world of difference.

The reason I wanted to lose weight is so many reasons, and I trust that I don't need to put a disclaimer on this video because this isn't for teenagers. I'm a woman in my third to use. This video is for everybody, but it's not for children. It's not for teens, and it's not for people who haven't gone through this kind of scenario.

So if you want to lose weight, go. I'm here for you. I'll tell you, I don't need to kind of make a disclaimer about the fact that you are beautiful the way you are. Of course, you are. We all know that. But I felt the best and most beautiful at probably around 60 kilos. That is like my happy weight. Even now that I'm down to 68, I can move better. I can run after my son. And let me tell you about the clothing piece. When you love clothing and fashion and do like to dress up, and then nothing in your wardrobe fits you, it's a hugely first-world problem, but it's deeply psychological. Where you're like, "Wow, I don't know how to dress myself. I don't know how to present myself in the world." It becomes really, really sticky.

It's almost as if I got some kind of binge eating disorder because of the hyperemesis. I didn't actually get a binge eating disorder, but I just had this random feeling about food that, you know, it's okay. I'll just eat all these nachos. It's okay. I'll just, I don't even eat nachos. It's a funny, um, choice. I'll just eat these Doritos or something, and it'll be fine. It's almost like I was, like, in this starvation, just trying to get in calories until I woke up one day, like in September, because it was my birthday in September. It's now November, so September, October, November. It's about three-ish, two-ish months that this took me to do. And I was like, "No, I'm done." And that was step number one, a mindset shift.

It's, it was almost like I was tired. I think the first step you have to take in really changing your life in any set of circumstances, but weight loss in this example, is the suffering of the situation has to outweigh the pleasure. There was two years, my son is two, for which I just felt more cozy and more calm and better just eating rubbish and not looking after myself than I did doing the opposite, do you know what I mean? But then the suffering of treating my body like that, always being tired, always being lethargic. Since I've changed that, my mind is on fire. I am studying, I am working, I am looking after a toddler, I am running a business. It is a madness. Okay, and I've also, in the same time, grown my TikTok from zero to three hundred thousand subscribers just because I have the tenacity to do that. So it's like a mindset shift. It's like you have to make a decision, a choice to decide at nothing is to cut off all options. Decide. The decision is like an incision, to cut off all other options. I just decided, that's it. I want to be hot. I'm tired of being tired. I'm tired of not wearing cute clothes I want to wear. I have a context. Some people look amazing but any shape and size. I like myself in a certain look, in a certain way. That's what I like. Tired of it. Mindset shifted. I was like, okay, birthday done. New Era. It's just a new era. That one's finished. We finished eating junk. Okay, number two, when we finished eating junk, this is step two. I went on a keto diet.

What is a keto diet? It's a diet predominantly sourced from fats, good healthy fats, olive oil, avocado, steak, salmon, you know, fatty things like that, nuts, um, as well as protein, eggs, fish, chicken. And I took out sugar. I completely cut out sugar. Okay? And I cut out not carbohydrates because vegetables are carbohydrates. I eat green vegetables, but I cut out starchy vegetables for now until I get to my goal. My goal is 60ish. I will assess it, you know, if I get to 62 and I'm like, "Yep, this feels good," then I'll stop. It's not a be-all and end-all for me, but I wrote down that that is what I'm gonna do.

But the magic about the keto diet, guys, is pure magic. It makes your brain fire at this capacity. For the first week, you get like this keto flu, which your body changes from burning carbs and sugars to burning fats, which you eat and your own body fat. Your body switches to burning your own body fat, and then your hunger goes away. It's like magic. So basically, I don't count calories. I cannot do that. I just cannot put my mind into a toxic place where I'm counting things I'm eating. Why are we counting things we're eating? It's absolutely unnatural to any human experience or existence. Imagine being a caveman with a little scale, counting. I just cannot. Keto diet has allowed me to get back to my intuition, and I know that once I get out of it when I am at the way I want to be, I can actually hear my body now, like the cloud of not being able to hear anything and just hearing survival mode, eat whatever, is gone. I can actually hear if I'm hungry or not. And also with that, I did intermittent fasting, not a huge amount.

So, keto diet, if you want another video on exactly the ins and outs of it, I can do that for you. Step number three, vitamins. I started taking vitamins and supplementing in the areas after having done a blood test where I was deficient. I got an iron infusion. Oh my God, bathe. If you've got iron deficiency after having a child, let me tell you, your life will change if you get the iron infusion. It's like not a joke. I have energy to do stuff. It's mad. If you also want a video on my vitamin routine, I can do that for you. But supplementation is vital.

Okay, number four, and these are very interesting concepts for the seven. Number four is self-perception. I had the self-perception of myself after this, not so much after I had a child, but after the surgery of this, like Dowdy, I want to hide hermit persona. I don't know where I got it, but I think it's the trifecta again of the pandemic, having a baby, and a surgery. It's such a big threesome of events that just made me want to go into myself, and in September, I woke up and I realized, no, I actually want to perceive myself as a hot MILF living that life. And I switched my self-perception. It's like, you know when you go to the movie and you watch and you see the main character, and it infiltrates you so much that you walk out of the cinema thinking that you're the main character, like walking like them, talking like them, not outwardly, but you know what I mean, like a little bit of you thinks you're them. That's self-perception and self-image.

So, I had to change that. Instead of thinking like I'm this little hermit animal, that just hermit crab that wants to hide, I was like, no, you know, I want to be out there and living that MILF life. So, step number five is, in order to switch your self-perception, you need to love yourself the way you currently are. It's really, really difficult because this is the mind control thing. In this situation, if you cannot love yourself the way you currently are, despite being lacking in your own mind, not in my mind, in your mind, you're lacking. In my mind, I was like, I'm just this hermit crab, leave me alone, world. If I cannot love myself the way I am, then I cannot put good food in my body and worship myself for who I am. You know, this whole feminine energy piece does not fit in if I don't like myself and I don't love myself the way I am, despite being 75 kilos and feeling awful. I cannot go from treating my body badly with food that I shouldn't be putting in it to treating my body well with glorious, amazing, high-sourced, gorgeous foods if I'm like, "You stupid, fat, annoying crab." Then there is no motivation to go and look after myself. I'd be looking after my son and everyone else, and not myself.

So, I was like, "Do you know what? I love me the way I am." I stopped for two years. I put off buying clothes or like getting a dress if there was an event. I just completely put that off because I was like, "Well, this isn't the self-image of me that I'm used to. I want another self-image of me, so I'm gonna wait. I'm not gonna love you the way you are. I'm gonna wait until you get to who I like, and then I'll buy you new clothes." But you know how the body hears that? It hears that as it's not loved, and in fact, a lot of retention of weight is due to the fact that the body feels judged, unloved, and is trying to protect itself. I know that's a debacle of the mind, but it is true. Once you give yourself self-love, your body almost takes a breath out, sigh out, and it's like, "Okay, I'm loved. I'm not after. I will drop the weight." You know, it's very interesting. Number five, the physical aspect, sorry, number six, the physical aspect. I started doing Pilates three times a week, and I walk more. I'm more active, but that's because I'm lighter, and it's easier to walk. Okay, and also, I've recovered from my surgery so that's a whole shift in itself. You need to find something you love to do physically, anything you like to do physically.

Do it. I love reform my Pilates, let me tell you, I love it because I love isolating the little muscles. I like it. My brain's engaged in the activity that I'm doing. I like to be like, "Oh, this is difficult. How do I put my foot in this loop and do this?" It's really, really cool. So, I love that aspect of it.

Number seven, when you are stuck, it feels like nothing will shift, whether it be in career, weight, love, anything. It feels like nothing will shift. But you need to expect it to. You need to want it without desperation. You need to want it with expectation. When I used to want to fit into dresses, it was with desperation. I was like, "Why am I in this situation? I just want to wear my cute dress. I just want to feel good in front of people. I just, who am I?" And then in September, it shifted. I was like, "This, I am going to be who I am. I love myself the way I am, and this way it will fall off. And if it doesn't, it doesn't. But I expect it to, because why wouldn't it? Because I'm gonna treat my body the best." And the biggest piece of expectation was, if I love myself and give my body the best, and it decides to stay at 70 kilos, then it's gonna be the most charmed and hot 75 kilos ever, and I'll be fine with that. And I'm buying myself a new wardrobe. There was this expectation, though, that because I'll treat myself well and right and do the right things by me, it will result in something good. So that's the seventh piece.

I hope this video gave you some kind of insight and, you know, motivation, although it's not about motivation. It's about really, you know, self-perception, identity, and all those amazing things. I am not finished. If you guys have questions about this whole process, leave it in the comments. I'm happy to make this a series if you want it to be a series. Name it. Name the series, okay, guys? Love you lots of J dots, and I'll see you in the next one.

How to Manipulate Men

Margarita Nazarenko

WOMANHOOD | SELF DEVELOPMENT | LIFESTYLE



The most elaborate setup ever. You're like on a box or something on the wheel or whatever. I felt like if I didn't start this video, just do it. Just do it. I wouldn't have done it at all. So here we are, we're in the car, we're gonna have this conversation.

I um, got used to filming my TikToks in a car, so I think if I don't do it now, we're never gonna do it. Hi, welcome back to my channel. I've been M.I.A, I've ghosted you, it's true. The reason I'm pulling up my phone is because we need to talk about something. How to manipulate men. We're gonna learn how to manipulate men. That's what I'm going to teach you right now because they are so, so easy to manipulate. Not.

I have taken some time off this channel. I started to make TikToks about two months ago and it just went a little bit viral. Basically, the content I used to put on this YouTube channel was all about my, you know, shopping and luxury and lifestyle. And in the meantime, in my private life, I probably don't ever talk about that to anyone I know. And I do coaching for women, that's what interests me. You guys know about that, what I love. And I thought, you know what, let me just separate it. I'll put that onto my TikTok, cool. Suddenly, it resonates. It, like, super resonates to the point where I'm making three full videos a day on TikTok. And the press has gone a bit wild and said that I like to manipulate men to get what I want. So I thought instead of just coming back and saying, "Hey, I'll be back now. I'll be putting up more content," I would come with some context.

So we're gonna look at this article. I'm gonna break it down. I'm gonna talk about what I've been doing on TikTok. If you want to go on TikTok, you can. You don't have to. I'm going to be putting a lot more life coaching content on here. Of course, there will still be some fashion because, you know, why not? Why not? But mainly, it'll be that because I think that's what the world wants right now, that's what women want.

So the articles say, "Meet the life coaching, uh, woman who tells you how to manipulate men to get further in life." Now, when I was interviewed by the press, I never said "get further in life." What I talk about on TikTok is about how to have a family relationship whereby you don't berate each other, you don't knock each other, you don't negatively affect each other, and by encouraging each other, you can actually go a lot further in life. Not that you, being a woman, can go further in life by using the man, but both of you encourage each other's dreams. And it came from this video where I could basically explain this. I said that if a man has a lavish idea or something crazy that he wants to do, a lot of women's instinct will be to just shut it down because we think men's ideas can just be crazy and it's not based in reality and it's not practical and he shouldn't do it. But instead, I said, just say yes. Say it's a great idea. Ask him the right questions. It will inevitably get you to a place where some crazy idea turns into something that he's actually passionate about. And because you supported him, ladies, understand the support of a woman is pivotal in feminine energy and making your man believe in himself, okay? So it's more so about belief in himself and what he can do.

This car is getting hot, guys. What are we gonna do? Let's see if you guys can deal with a little aircon. An Aussie life coach goes viral for teaching women how to manipulate men and amplify their femininity.

Now, manipulate, if you actually look up the word, means skillfully influence. And if I can help women skillfully influence men into having a life that they both dream about? Then good, I will, I will, because not everything's got to be done with a hammer. Sometimes you can attract more with honey than you can with, so you know, that's what I'm gonna do. She tells them to amplify their femininity and stop nagging. In a video, I did say to stop nagging. Nagging is not going to get you anywhere, we know it. Why do women nag? Why is there even a word called nag? Because you keep saying it again and again and again. There are ways to go about life without nagging. Get what you want, girls, okay? Margarita, 34, encourages women to use tenacity, craftiness, and femininity to get further in life, to enjoy a lavish lifestyle.

Now, I never said on my whole TikTok or in my chat to the press that I want to create a lavish lifestyle for anybody that I coach. I mean, if it happens, fantastic. And I never said that I want women to get that from men because essentially that's not what I'm talking about. I'm talking about relationships, self-love, confidence, femininity, lavish lifestyle. They got from the fact that I've probably got a luxury Lifestyle Channel, and they put two and two together. Let it be known that me supporting my husband meant going to places where he had to train for his profession, where we had to live in accommodations for students or whatever, and there was more cockroaches than there was floor space. Okay, so let that be known. So it was no lavish lifestyle because who said it? Michelle Obama. And nobody talked about this lavish lifestyle part with her when she said, "Oh, her and Barack Obama were driving in a car. They saw some pizza vendor on the street, and he said, 'Isn't that your ex-boyfriend from high school, from college, whatever?' She goes, 'Yeah,' and he goes, 'Look at that, you could have been with a pizza vendor.' And she said, 'No, if I was with him, he would have been the president of America.' Okay, that's what the legend says happened. So surely, that's exactly what I'm saying. If you amplify what he can do, you can both excel in life.

Okay, then they put this nice picture of me. I appreciate that, thank you. They put the two videos, cool. I can link them in the description box below, but you can just look up TikTok. And then I did this system of the three archetypes of women in one of my videos, and they picked it up. They said she compares women to deers and cows and horses. And look, I did those archetypes because I love archetypes. I understand archetypes well. It's very Carl Jung. It's very understandable to the human mind.

So I said, people said, "What's femininity?" And I said, "Look, femininity, they're like, 'Oh, I don't want to take abuse. I don't want to be controlled. I don't want to surrender to a man.' And I said, 'Okay, think of femininity like this. If you're a deer, that's divine feminine. It doesn't take abuse. It's sought after. People go out to try and look for one. When everyone sees it, they stop in reverence and they go, 'Oh my God, look at that deer. Look at this little tail flicking, you know?' It's sought after, hunted in terms of, like, if you want the man to chase you. The context of the video was that compared to a workhorse, which is a woman who takes everything onto herself, does everything for him, doesn't let him do anything.

He becomes a stain on the couch, essentially, and then she's like, "Who's this guy?" Um, he does nothing for me. Well, that's the dynamic. And then the dairy cow is like the mother energy, where you start treating your husband like you're his mom, and we don't want that. Because as Esther Perel said, female sexuality is very much linked to female narcissism.

As much as we throw that word around as being bad, everyone's got narcissism in them. Women are attracted to their own selves. If a woman's not attracted to herself, she's not going to want to sleep with a man. She's got to feel good in her own body. Hence, if you're in a mothering role, in a caregiver role, you're not going to feel sexual. You're not going to be in your divine feminine. So I use those examples. They were like, "Oh, she's talking about women like their animals." Oh, having kittens about that. She said, "Praise a man's top qualities." I agree. If you want something to amplify, Law of Attraction, manifestation, talk about that. Don't complain about things because it will decrease the chance of change. Yeah, don't complain about the same thing again and again. Set up systems where you don't have to.

Margarita says she manipulated her husband into a dream holiday by attending a convention in Las Vegas. Now, listen, I said, they said, "Give me an example of how one would do this, of like supporting a guy's hobby or dream and then getting what you want." I said, "It's very simple." So if your partner says, "Oh, I really want to go to, let's say, an RV convention because I want to buy an RV." Instead of being like, "An RV? You stupid idiot! Why do you want an RV? Like, where are we going to go? We've got 7.5 children. Where are they going to fit?" You could just be like, "Okay, interesting. Let's go have a look at them. Maybe the campground is going to be somewhere interesting. Maybe we can take a holiday afterwards." But you're going to have boosted that masculine energy of leadership in him, and you're probably not going to end up with an RV anyway, babe. Trust me.

Anyway, so I manipulated my husband. I manipulated my husband into being a family man and providing for me. That's the funny part of this article that I find really amazing, that she said, um, yeah. It was written by a woman. Um, that they said that, you know, I'm manipulating men. Like, manipulating men to what? Having happy relationships? God, Christ helped the world. Manipulating the poor men. Um, so then they wrote my rules: practice top qualities, don't complain about the bad things. I said, if you want him to have a healthy lifestyle, instead of nagging him about his weight, just implement it yourself. You always set an example. Be like, "Wow, I'm really loving my lifestyle. Yes, chicken salad." I'm joking, but you know what I mean.

I made another TikTok when they were like, "Walk away once you ask him for something." Basically, the premise is this: a man's mind is like a locomotive. It's very focused. It goes in one direction. A woman's mind, Ferrari, can go all over the place. Not all, just majority. He'll say 80. We could switch from task to task. Not all. So when you ask

a man suddenly when he's focusing on his task or watching his whatever on TV, hey, can you go and do this? Can you wash the dish? I advise say it and go to the room, say it nicely, and leave the room. Because what women do and how we jeopardize ourselves if we say, "Can you wash the dishes?" He's in the middle of something, that redirection of that locomotive is gonna be like screeching, it's gonna be pain turning around, it's not going to be easy. So if you stand there, you're going to see his resistance, and in our female brain, it's going to be like, "Huh, doesn't want to do that for me." And you don't want that.

Just say it, leave, and he'll probably redirect the locomotive by himself. He'll grumble a bit about it, he'll think about it, and he'll probably do it most of the time. So just take yourself out of that vicinity.

Anyway, when dating, don't complain about how exes hurt you. No, this one is a juicy one. I said to raise your value in someone's eyes, number one, and number two, to not give away your personal, real, raw realities on the first, second, or third date. Why does that person deserve that? Why does that person deserve to know you like that? Really think about it. Women get hurt because they date a guy and then he goes to her because she's already slept with him and told him all of her innards. She's basically just spill everything that's private, that's sacred. Keep that to yourself. Why would you express how an ex hurt you? Number one, because that's sacred, and number two, by value discretion, I don't mean high-value women and all this jargon and garbage. What I mean is you don't want to come in saying how you've been hurt by everybody. You just say, "It ended. Whatever." Later, when you're together, you can explain. But there's a mental human capacity that happens when you say that. Somebody straight away thinks, "Oh, so you put up with that. You value yourself like that. That's how you see yourself." And confidence is the most attractive thing in the world. So don't divulge that. They don't deserve that yet.

According to Margarita, women should support their men no matter what they do. I said, "You should support your worthy husband." Three keywords: yours means yours, not someone else's husband. Yours husband, meaning you're married to him or long-term partner. I don't mean support Jake on the road over there who you've just started dating. He's got nothing to do with you. I mean, in a committed relationship, you should support your partner if they're worthy. That being the third key word, worthy, as in like, you look up to them, they're an amazing human being. Yes, I support my mom, my friends, my husband too. What's the big deal?

Uh, brainwashing, man. Here she is, looking glamorous. Thanks. They call me glamorous a few times, and which was nice. And then the comments on this newspaper article, literally that it's been in New York Post everywhere. It's like, "I'm a horrible woman, get rid of her. She doesn't appreciate men." You know what's amazing about today's culture is half the men are coming for me. See, it's true. The men are coming from you because they're like, "Using men to manipulate us to pay for your bills. I'm not using you. Need to pay for my anything. I paid for myself my whole life, got married, had

a child, and now we heard a combined household. Silly." And then the women are, you know, are like, "Oh, but why should I put up with that?" But you know what? Actually, women really get it because what I'm talking about is not throwing everyone in the bin. I really believe in human connection and family, especially if you're gonna go and have children, and preserving that and finding someone really good to build that with. And I really want to support women through it because I've noticed the culture is, you know, he is late today or something. I said, "Girl, you don't need that. Girl, bye. Leave him." Okay, but what are the tools? What tools are we using? Like, what can we do to help women understand what is what and when is where and how is how? So that's what I want to do.

Uh, what's going to happen to this channel? I'm going to start posting again and stop ghosting you because that's disrespectful. I fully appreciate if you guys just feel disrespected, and I do apologize. The content is going to be, um, me breaking down these big subjects, and the content is going to be some fashion, you know what I mean? If you want a bit of fashion, now the bag I'm wearing is this LV ship. Been wearing it for a year, it's what I do. I get a bag and then I get like one track mind about it.

Anyway, guys, love you lots like jelly dots, and I'll see you on the next one. Ask me any questions in the box below, anything that you want to know or see or me to break down or divulge. Um, any subjects, anything that's happened in your life, write it down and um, I'll be on it like a carbonate.

Your Codependency is Ruining Everything. How to Change

Margarita Nazarenko

WOMANHOOD | SELF DEVELOPMENT | LIFESTYLE



I think the most interesting thing that I saw about codependency was in a book called "Codependent No More," which I recommend. And every book that I have read on the subject or has helped me, I will link in my Amazon list and put it in the description box below.

The most interesting thing that I heard about it was the concept of codependency, which kind of aligns really well with the whole idea of being anxiously attached. And it's almost like the next level. It's like the addiction process of that attachment style.

The most interesting thing I heard was the idea of codependency first originated from Alcoholics Anonymous. When people used to go to AAA meetings, there used to be meetings for the people who are attached to the people in the AAA. So the alcoholics would have wives or girlfriends or friends or husbands or whoever they were who formed their own support network. But in this book, it talks about how the psychologist or the psychiatrist, I can't remember what her role was, noticed that there was a really strong pattern in the behaviors of the people attached to the people with addictions. So they were very clingy, needy, controlling, and she describes it almost with like a harsh reality of really harsh tendencies in their personalities, which she saw a through line in.

And when I used to be anxiously attached when I was younger in my teens and 20s due to how I grew up, I guess anxious attachment, and we'll go into that in a minute, is a result of your childhood and upbringing and understanding of how the world is and being able to self-soothe and all those things. I definitely had codependent tendencies in terms of the fact that that was the only way I felt like I could control my life and my feeling of safety. Essentially, codependency is that it is trying to create a feeling of safety.

In the world that you don't feel safe in, it is a series of adverse childhood circumstances that leads you to not be able to self-regulate, not be able to self-soothe, not be able to understand that people are not out there to hurt you. You don't have secure attachment, but you probably have one of the other three: anxious, avoidant, or fearful-avoidant, which is a combination of the two.

So, avoidant is you've decided somewhere in childhood that all people are gonna abandon you anyway, they're useless. And it doesn't have to come from a massive trauma; it could just come from parents that work a lot. It could come from the fact that people, your main attachment figure, used to tell you, "Oh, you know, we'll play later." They just provided you with the food you needed, but they never really made you feel like they want to spend time with you. And that is so crucial to the development of any human being, that you feel worthy in the fact that you're just there and you're alive and you're somebody to be accounted for.

The other style is anxious, where instead of going, "Forget you all, I'm going out on my own, I don't need this, I'm just gonna brok you all away," instead you say, "What I'm gonna do is do everything in my power to make everyone around me happy with me, golden child syndrome, and I will tick all the boxes in order for you to be around me, and that is what I'll do."

The last one is a mixture of the two, so sometimes you are anxious, "Please, please be with me," and then when it's too much, you're like, "Leave me alone."

If you have the anxious attachment style, which is the one I'm familiar with, I'm also familiar with avoidance because normally anxious people are attracted to avoidance and vice versa. They find, I guess, the damage in each other, which serves for healing. Because I'm familiar with it, I can understand what codependency is, and it often stems from an anxious attachment style.

So why does the feeling of addiction come into play with the whole idea of codependency? Addiction is the use of something. It doesn't have to be alcohol; it can be food; it can be anything, in order to medicate pain with adverse effects. So it's going to have bad effects in your life. Somewhere in your life, you've decided that people are not going to be there for you, that you've got to work really hard in order for them to do anything or be anything for you, and you've decided that the only way you can heal that is by choosing somebody who, and I see this a lot in my emails from women, is not exactly the ideal partner for you, has many deficits that you need to manage.

So in the classic case, it's usually an alcoholic whose life you have to manage. You have to make sure nobody finds out how much they drink. You've got to make sure that they're okay and they can go to work in the morning. When they don't call you at night, you're running around wondering which bar they're in and trying to collect them. That's the classic case of the alcoholic and the co-dependent, but it goes way further than that in the modern world. Understanding a lot of times, in the emails I get, it's the guy who's following lots of women online, isn't ready for a relationship, isn't ready for this one, the other one, and she's there managing the whole situation and her whole life.

Let me tell you, this is how you know if you're codependent. Your whole life is taken up with the management of this situation, and you've got no time for yourself. You've got no time for your well-being. Over time, you've got no time for your own hobbies. You've got no time for your own life. You've got no time for your own ideas, and you have lost touch of what is good for you, what makes you thrive, what makes you an individual, because now you've blended into the supporting and helping role of this person.

And the reason, my dear codependent, that you choose somebody who's got these major deficits and whose life you've got to manage, in the emails, it's like he's between jobs and he's just finding himself. He told me he divorced his wife, but he isn't sure yet. He told me this one, the other one, but he just doesn't know. It's always these tragic cases of things that you've got to manage and that take over your life.

And the reason they're codependent, that you chose this person, is because you don't feel worthy, my love, of somebody who is good for you. You think that you've got to choose someone broken in order to manage them, micromanage them, control them, and nobody else will want them because they are essentially broken. And in you fixing them, you will find your worth because you don't have worth in what it is to be you. You haven't figured that out. You don't know. You haven't formed those neural pathways. So all you can do is be of service and help to this disaster of a person in order to find your own value. And of course, they won't leave you because look how useful you are, look how useful and helpful you are. How could they leave you?

You're so useful and helpful. But you have now become a shell of a person. You don't know what you like. You don't know who you are. You don't know where to go, what to do when you look at yourself, and you're thinking, "Oh, you probably watch my feminine energy videos, and you think, 'Oh, maybe I'll amplify my feminine energy now, and he'll find me attractive again. Maybe I'll do this, maybe I'll do that, maybe I'll dress like JLo.'" It's none of it. You've lost so much, the center of who you are, or maybe you never even knew the center of who you are, and you are in this mess of codependency.

Codependency, at its core, is basing your worth not on yourself, but on the relationship and your role in it. And I think the saddest thing about it and the toxic trait of it, and I used to identify this in myself, is negative control. It's a terminology used for wanting to control a person in order to be almost like a succubus. You know, the sharks that swim and they have the fish that attaches to them? That's codependency. But imagine that fish was trying to control the shark. This person needs so much to live through the other person, to make them better, to make them feel better. In the scenario of the alcoholic, to make sure they come home from the bar, to make sure no one at their work knows what they're doing and to facilitate their life in a good and flowing way, that they find their identity in it. And it has been shown again and again and again in science that people who have codependency and people who have these tendencies suffer a lot physiologically. They develop high levels of cortisol, they are stressed, they develop illnesses, ailments, and diseases which otherwise wouldn't have occurred, apparently. I'm not a doctor, but this is what the studies say without that level of stress these people under. They are under so much stress that managing this type of lifestyle, because essentially this is the sad but I guess amazing truth, is you can't control somebody else. All you can control is your own perception and your own reality of what life is.

I think the key to understanding whether you are codependent is if you are in a relationship that is to your demise, like in the addiction example, and understanding whether you spend most of your time thinking about your relationship. The biggest change I saw for myself, going from anxiously attached and codependent tendencies, is that I used to feel and crave the relief of knowing exactly what someone's doing, controlling them, and feeling good with that. Now, I crave the relief of letting that person be their own person and growing myself.

I always use the example of the spotlight, and it's almost like the spotlight has been turned from them and who they are and what I need them to do, and my self-worth being anything to do with them, to onto myself. I can now, and I use the example that is so triggering for a lot of people, but I know who I'm talking to, and that is anxious people with dependent tendencies, and that is be selfish and be self-obsessed because you don't actually know how to do that.

And the reason I use terminology that is so inflammatory is because it needs to be knocked into your head to understand that you need to be your own main character. This person will never satisfy you or give you the merit that you need. And furthermore, if they are worthy of you, and sometimes that is possible, that they are actually a really good person and things will work out, the key here is that if you disappear into the ether of nothingness because you are now just a codependent to them, you will eventually lose any meaning for them. So, you will get the opposite result of what you want because what you've now become is a complete sidekick to them. You've got no personality, no flavor, no spice added to the relationship, okay? You've disappeared.

Your need for control, you're erratic, you're unstable. And if you read the book "Codependent No More," brilliant book, it describes these negative traits that the people who are attached to the addicts have. They're very negative, controlling traits, and nobody wants to be around that for a long time. So essentially, even if you do meet a good person or the person you're with is a good person, you will push them away. Nobody needs to be controlled. Why do you do it? It's a very clear and sad reason. You were never valued in your childhood. You did not know how to self-soothe. You did not know how to co-regulate with somebody when you were sad. Nobody sat, looked you in the eye, and said, "Hey, we can figure this out. This is what we're going to do." You had to, like Mowgli with the wolves, raise yourself in order to have coping strategies, almost of a toddler, in order to live your life.

So now, this is what you do. The only time you feel safe is when you are controlling a situation or somebody outside of yourself. But the reality is, real safety only comes when you master yourself. It's from self-mastery, it's from coming into that room where you used to be as a child, confused, scared, worthless, sitting down in your adult form, looking into your eyes as that child, and saying, "What is it that you need? I am now grown, and I am here to provide that for you. I am here, there is no one else you need."

And being there for that younger self that you had, giving yourself that time, because in being codependent with this person, you are betraying your younger self. You're betraying yourself. You are, again, putting yourself in the second position and just trying to survive by placating someone else and facilitating their life. It's time you stop and be there for you like nobody else was.

I think recovery starts with admitting that there is an issue, understanding that this is not conducive to life with a healthy person or with an addict. You cannot go through life controlling another human being. It will not result in anything good, pure, or worthy. Valuable. That there is so much more in you, so much juice to give. You are such a juicy orange, and right now, you're just playing second fiddle to somebody else.

And it comes from that spotlight being onto yourself. And I think there are many theories, and you can read them on how to heal, but my main one, and the only one, is understanding that you are born as you, and you are here for you. And you are set the mission to go from where you were to where you want to be. And the vessel that you can use to do that is your human body and your potential. You can grow a seedling into something incredible, and you're not going to do that by trying to control someone else. It's the scariest thing, letting go of control, letting it be what it will be. That person might leave you and not need you because all they ever needed you for is for your services rendered. But that is not what you were born for, that's not what you are here for. Your mission is so much bigger than that, and it's so much more powerful than that. And you need to turn that light or focus onto yourself and move forward with pride in this world, because there is only one you.

And that is such an arbitrary thing to say, because we don't believe it. Because there are so many human beings, population, blah blah blah. The idea that your parents slept together at that time, with that specific combination of DNA, is one in trillions of all the human beings that could have lived, of all the combinations and times that could have existed. You were born, and you weren't born to be a codependent. You were born to deal with everything that happened and come through it.

Thank you very much for watching. Please subscribe to this channel. It means the world to me. It supports it a lot. And if you don't want to give this video a like, that would be a compromise. Thank you so much. I love you lots. See you in the next one.

The Anxious & Avoidant Relationship Dynamic

Margarita Nazarenko

WOMANHOOD | SELF DEVELOPMENT | LIFESTYLE



I think the biggest misconception, and often told a lie, and I get this a lot in my comments from a lot of you, is that you have to somehow become this optimized, incredible version of yourself before you can start living your life. And that is just not true. I get people saying a lot that, "Look, I haven't healed yet. I haven't healed from my anxious attachment. I haven't healed with my traumas. Like, how can I do that before I find a partnership?"

And the thing is, there are some things in life that you really do need to heal from, and there are other things in life that, realistically, if you really break it down, I better heal in practice. What do I mean? If you've got an anxious attachment style and you want to heal it, if you are not in love with how you feel around other people, you saying, "I'm just gonna leave and work on this by myself," is maybe what is usually practiced but kind of counter-intuitive to me. Why? Because how can you practice the act of not being anxiously attached when you're by yourself, attached to nobody? A lot of people don't exhibit symptoms of anxious attachment unless they are attached to somebody. So why do you feel that you've got to isolate yourself, be by yourself alone, and practice that attachment? Ironically, being the theme of this video, it is the anxious and the avoidant relationship together. Why is it that these people are always together? It's like, why would someone anxious, who needs reassurance, who needs to be told that everything's going to be okay, why on Earth, on this green Earth, would they go for somebody who's avoidant and tries to run away? Like, do we like to hurt ourselves? Or why would somebody who's avoidant, needs all this space, needs all this time, choose this clingy person who's just always on them, at them, behind them, and wanting reassurance. Why would that happen? Very simple, a few simple things. It's a self-fulfilling prophecy. It's your fear, and you manifest it in your life. I'm about to break these down for you, and it is a wound that you have from your childhood or development or somewhere along the line where that happened, where you need to play out that wound in order to heal it. That is why I'm a big proponent for, if you don't have other issues in your relationship like, I don't know, narcissism, alcoholism, or whatever, I'm a big proponent to working through it within that relationship, even if you don't end up with that person. Because when you're triggered to the most, to the nth degree with your anxiety, for example, I know that side of it, you can really work through it. And when I met my husband, I was anxiously attached. Now I'm secure. I was anxiously attached in past relationships before I acknowledged what anxious attachment is. If you guys haven't seen my video on how I went from anxious to secure, I'll put it up here. And also, please subscribe. Most of you who are watching aren't, and that would mean the world to me.

The thing is, you can practice with the person you're with, even if you don't end up with them. You can identify the traits in you and anxious attachment, and avoidant is healable from, let's put it that way. But the only difference between those two attachment styles is that the anxious person is actively uncomfortable every day and probably wants to, and as they're Googling online how they can change their life, whilst the avoidant is in the hiding. They're hiding from their reality, so they're not in that constant state of obvious discomfort. I think what we need to acknowledge is that why do these people come together? Why on Earth would they choose each other? Very simple. As an anxious person, let's say that's you, we have grown up with the fear and the fact that we are somehow unlovable and we are less than. That's basically the knowledge that I am less than and everyone's better than, and I will just, with a small minor maneuver of what I do, ruin everything.

If I pick the wrong place to eat, if I, you know, write him the wrong message, I will put him off me. I'm using him and her interchangeably, so in this case, him. I will, you know, push people away. I am somehow not lovable. It's me, it's me. I have been proven somewhere in my childhood or somewhere along the line that I have this huge influence on just ruining, and that is me. Whilst their avoidant has the pathology of somebody who is there, thinking it's everybody else I need to get away from these people. I need them not to control me, I need them not to engulf me, I need them not to, like, constrict me because they are not adequate somewhere in their life that those people decided.

And the most interesting thing, and it shows it in research, is that people choose one or the other attachment. You could have had the same upbringing, and at some point in your life, you choose either that or you choose this. Like, if you were neglected, you could choose either to be anxious and wait for that person, that caregiver, to come back to you, or you could say, forget this, I'm gonna do it by myself and become a waiter. A lot of our society makes people avoidant these days, also. That's a big thing to understand. Most men, we are avoidant. Most women, when they have this dysfunction, they're anxious. Why? Because in our society, we glorify the idea of a man being stand-alone and all this stuff, and we're doing it with women too now, girl boss and all this stuff. You don't need nobody. We all need somebody. We're human animals. We need somebody.

The reason we choose to partner with the thing that we would think suspiciously is the opposite of what we want is because we are used to it. We're used to that model of behavior. So if you got neglected as a child, so you had both working parents, and you're a girl, Elizabeth, and you got neglected, you will want to win your father's love. Say he was absent or working all the time. Or if you're a fatherless child, you will want to emulate that relationship again in your life and prove to this metaphoric father who you've imagined to be Josh, your boyfriend. You want to prove to him and see Josh's reciprocation to you to then heal your wound that your father was not there. That's not going to happen because you're always going to choose people like Josh, who's not either interested, not there for you, or extremely avoidant, or narcissistic, something's going on, right? It's going to be very hard for you to heal that unless you become secure yourself, unless you say, forget Josh, I am going to be here and I'm going to be secure myself, even in the paradigm of Josh. Because what it's going to enable you to do is see when it's triggered. Because if you're by yourself with no relationship, you can't really see the problem that you're having. And vice versa, say Josh, he was engulfed by his parents, always told what to do, never had autonomy, but they also didn't give him his emotional needs, they didn't meet them. So he just became an island onto himself.

The most spiritual reason for why these two people and entities are together is because you're playing out exactly what you suspect other people will be like. There is something in the fact that Josh feels that he's going to be just engulfed and controlled and not seen for who he is and told what to do. So he meets Elizabeth, and she does exactly that. But why does she do that? Because he doesn't return her calls, he is avoidant, he is not always there, he dismisses her emotions when she's talking, he's on his phone when she's asking for a decision to be made. He's not sure, right? So she becomes even more anxious, and he's like, "See, that's how well all people are, that's how they do." Vice versa from her, she's quite fine. She's fine by herself. She needs Josh, and he triggers that attraction on her because she's like, "Huh, there's something about him that he's not quite there, you know?"

He's not secure with me." God, this reminds me of my upbringing psychologically. I need to prove to him that I'm worth something. And then she starts doing what she's doing, asking for too much. What is too much? Too much from somebody who's nothing to you? There isn't asking too much. And in my video about secure attachment, I kind of go through that because it was a hard realization for me when I realized, "Hey, sometimes it's not people's job or prerogative to heal me at all. Sometimes, if this person is not my person, and I don't know them from a bar of soap, like I just met them, like they're a boyfriend, who are they? Are they your mother, father, husband? Like, what's going on? You need to have autonomy from people also."

As the anxious person, you start acting all these anxious ways towards Josh, making him do more than is reasonable for a person who you've just met. Now, if you were secure, you wouldn't have these high expectations of Josh because you would understand he's another entity from you. But you're now doing a self-fulfilling prophecy. You're like, "Everybody leaves me, everybody runs away. This is what's going to happen." What is? Just you. Exactly that. And you guys are in this cycle together, and it becomes a very addictive cycle because it's got reinforcement. Coming together, falling apart. You're passionate, you're coming together. The avoidant feels this closeness and feels like they are being infringed upon the same way that the anxious person needs security, the anxious person needs freedom.

Okay, so he's like his freedom is condensed and compressed. He's like, "Well, I need to take a step back." But instead of Elizabeth allowing him to take this step back, just this minor step back, she's like, "I'm going to close the gap." Now, if she was secure, she would say, "Okay, Josh was taking a step back. He's his own person. Let him keep stepping. Just keep on stepping because essentially he's going to step out of my life, and then I'll know he wasn't worth it." Right? That's what a secure person would do. They would just let him go. They don't need to cling to somebody who's not trying to stay. But what she does is moves forward, he moves back more aggressively, moves forward, he says something aggressive, stops replying to text messages, and he sets a firm boundary like, "I don't want to see you every week." She gets very upset, and then she escalates the situation. She gets aggressive, she berates him with messages, she cries, she breaks down, maybe some kind of attempts at, like, that's it, I cannot do this anymore, you know what I mean? Like heightened emotion.

So let's start with the anxious person. What can he do? Number one is, you need to start or at least deploy this belief just to see how it changes your life, even if your partner isn't the one you're going to end up with because you suspect they might not be. Try and deploy the attitude that their

need for space has got nothing to do with you. That's a brain twist for me even, but their need for space has got nothing to do with you? That's just a them thing, a natural part of a relationship. And once they back off and they go, "Who are you in that space?" Just sit there and feel that emotion, feel that out. Who am I left in this space? And why is it that I only feel whole and complete when that person's here and giving me their affirmation? Where does that leave me? How vulnerable am I? Which is fine to be vulnerable, but what space does that leave me? And I always need somebody's approval and constant attention, and I cannot see myself through my eyes, but I need to constantly see myself through their eyes in order to feel alive, happy, and good.

It's a good exercise for you to say, "Okay, their need for space has got nothing to do with me, anxious person." I've got to tell you something you might not like. It, but the world does not revolve around you. Everyone's reality does not revolve around you. I have to tell that to myself because I used to be this way. I used to be like you. The world does not revolve around you. Sometimes, people need what they need because they need what they need, not because you did something or did not do something.

Next, anxious person, you need to start taking care of yourself and your needs. What are you doing in your life? What are your process, progress, and ambition? And obsessions in your life? You should be your own journey and your own obsession. You cannot be living vicariously through someone else. You're like that fish that gets stuck on the belly of the shark and goes along and then screams if the turn is wrong because the shark goes left or right. Well, you've attached yourself to someone else, haven't you? And you're looking for their approval. You need to start taking the same care of yourself that you take care of other people with. You understand what I'm saying? That attention to detail, that over-hypersensitive, advised version of yourself needs to be deployed onto yourself. It's going to be hard because you're so not used to putting yourself first, but that's what you need to do. You need to deploy detachment and self-regulation.

You know when they tell people to sleep train their babies, that their babies need a soft soothe and that whole thing? I don't know if that's right or wrong. I don't know anything about child psychology. But I will say this, that you as an adult need to self-parent. You cannot always rely on somebody else to soothe you and make you feel better. What are you going to do to make that happen? Hopefully, it's a good thing like yoga, meditation, whatever it is you want to do. Hopefully, you don't drink a bottle of wine in order to self-soothe. But it needs to be something. And for me, it was a big learning curve. Like, what is that like? How can I quench that need for somebody to tell me everything's okay? You know, it feels so long ago that I could not weather the storm of emotion. That I don't even remember what it's like. But I vividly know that that was me, where somebody upset me or wanted to avoid me, let's say a partner. I would call them and like want to have it out and want to have that conversation, even if they didn't want to. And that's just not it. You need to self-soothe. You need to have your own level of detachment. You can watch that video I made too to be okay, because essentially, a lot of your behaviors could even make a secure person avoidant. It's very hard to carry the weight of someone's expectation constantly on your back. You need to learn to communicate clearly, effectively, without huge spikes of emotion. You need to understand other people and understand that sometimes it's got nothing to do with you. Sometimes people are unwell, or sometimes people have needs that you don't understand, and you need to be kind. Your demands aren't always correct, even though they feel that way to you, because it feels very painful to you right now that that person isn't responsive to you.

Last but not least, you need to kind of take ownership of your own therapy, your own process. Watching videos like this, um, if you're a woman, I highly recommend my course on 20 feminine principles. I found a lot of power in feminine energy because essentially, it's like letting go of doing and embracing being. That really shifted my feeling of secure attachment. I think it was around the same time that I discovered feminine energy that I kind of healed my anxious attachment. If you're a boy, you could watch it too because there's a lot of things implemented in there.

But anyway, I'll leave it in the description links, and I'll leave you an Amazon list of books that I recommend. Among them is "Attached," the best book on attachment styles. You need to learn, you need to take responsibility, and you need to have a growth trajectory of where you're trying to go.

Now let's talk about my lovely avoiding people. Same as number one for the anxious, learn that not everyone is trying to catch you, not everyone is trying to detain you, not everyone is trying to compromise your freedom and your movements. But that you signed up for a relationship with another person, and there's a level of commitment that comes with that. A level of listening to their emotions, a level of being there for somebody. Because if you feel not ready for that, you need to address that with yourself. It is not your partner who's always trying to infringe on your space and just kill your life and your style. But it is you who decided to be in a relationship with them. So why is it you now that's deciding that they just need to be basically solitary in a relationship with you, unless you feel like suffocating them with your presence?

I know it's not easy, and I know you lived like this for a long time. But just like I said in the beginning for the anxious person, you need to detach people's expectations of closeness, because that is what a relationship is to them, trying to suppress you. They're not trying to suppress you, and many times, if you give an anxious person reassurance and you give them love, they can become secure. Unlike the anxious person, you need to learn to co-regulate, as opposed to self-regulate. You're very good at self-regulating. You're very good at calming down. But there is also a relationship skill called co-regulation, where you together have a conversation with somebody and you calm each other down. That you cannot always run away when there's a problem. You cannot always shut down, and you cannot always process things by yourself. So just like I told the anxious person to self-regulate because they don't have that skill, they can only co-regulate, you need to develop the opposite of that skill. You need to sometimes self-regulate when you need to. You do you, boo. But sometimes you need to sit with your partner and go, "Okay, that happened. How did that happen? How did that make you feel? Let me give you a hug. Push through it." It's going to really benefit you.

You need to learn number three, to keep your promises, to be dependent and dependable on, and you need to practice asking for help from others. Oh, you don't like that? I know, yucky. But you need to depend on others in order to see how that feels. You need to build a community around you, friends and things like that. I know you crave it, and the reason that you're probably avoidant is because you feel someone will let you down deep down, right? Maybe when I said this, you're like, "No!" But deep down, probably, you've learned that you want to be alone because you don't want to be let down, and you don't want to rely on someone. But the practice is to rely on someone because why are you alive unless you want to grow and stretch yourself to be a better person or a better version of yourself? Do it. You can always go back to being by yourself, right?

And also, in order to be with a secure or an anxious person, you need to be there for people and be dependable. You need to say what you're going to say and do what you're going to do, and don't be flaky. It doesn't make you a good quality human. It doesn't make you grow. It doesn't do anything for you. And yes, it frustrates everyone around you, but also, it doesn't give you any qualities that are admirable for you.

You need to learn to communicate. You need to not just answer everything with a one-ended answer. You need to learn to develop a storyline. So if your partner wants to tell you about something that happened at work, you don't just give them a solution. They want to take you on the journey of closeness. You've got to listen to the story. Don't just try and shut down the conversation and the eye rolling and acting like everything's annoying to you. Because that process of you trying to avoid that closeness is exactly what's not going to create real intimacy in your life with other people, right? So you need to learn to go on a journey of communication with people when they're talking to you about something that is happening in their lives. It is important to them, and it's something that you need to be witness to. In witnessing other people's journey and watching them talk is what makes a lot of people feel close to you. And I know that might not feel comfortable, but you need to learn to have that communication style where it's clear.

Also, if you decide that you want to avoid everyone at the moment, you need to be honest. You need to be like, "Guys, it's not about you, Elizabeth. It's not about you. I'm just feeling overwhelmed. I need to be by myself, but it's not about you." You know, there needs to be clear communication on that.

And again, number five, just like I said for the anxious person, you need to have your own process and your own therapy that's going on, your own growth, and your own learning and your own understanding of the world. Again, Amazon book list, things like that. It's not other people's responsibility to drag you through life, kicking and screaming, and trying to get close to you because one day you might not have that anymore. You know, um, not that that's just gay. You might not even mind.

And you know what? Everyone's got their own life path, but I find that, funnily enough, anxious people are more outwardly upset, but it probably is more isolating and harder to be an avoidant.

Anyway, guys, thank you for watching. I know you guys wanted more content about the avoidance styles and things like that. I'm thinking we can talk about other things. Leave in the comments any conversations that you want to have, and I'll gladly have them with you. And my podcast is coming out, it's probably out. I'll leave it linked in the description, and the first episode is out on Wednesdays. Love you lots like Judy tots, and I'll see you on the next one.

How I Mastered Detachment & Went From Anxious to Secure In 10 Steps

Margarita Nazarenko

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I think the best way to find detachment and find not self-love, because that's such a broad spectrum idea, but to find self-acceptance and to find self-confidence, and just to detach from that really anxiously attached lifestyle, is to let go of the person whose love you're trying to win. It comes from somewhere, it always does. It's daddy issues, it's mommy issues, it's some kind of issues.

For me, the number one step, and I think the biggest, most pivotal thing, was trying to let go of my father liking me. Growing up as a kid, you want your father to like you, you want your parents to like you. I know you know what I'm talking about. And that wound of wanting to please people, wanting to get people's approval, wanting to have affirmation from people, and confirmation from people comes from the fact that, say, your father, in my case, didn't see you, didn't witness you.

I'm not saying he's a bad person, I'm sure he has his reasons, but he wasn't in my life. He was in my life until the age of five when my parents split. He wasn't interested. I don't know his reasons. He had me very young, people in Eastern Europe did at the time, so he might be a person who wouldn't act that way now, but at the time he did. And as a child, that computed to me that I have to win some kind of man's affection. And that's not—I literally didn't think of it that way. I didn't think, "I've got to win some man's affection." But I thought, "I've got to win someone's approval, someone's affections, someone's attention." And it has to be a person who, I guess, isn't interested in me intrinsically, just like my dad wasn't. And then once I win their approval, they'll see me, and I will have won. I will have won the approval of that person who didn't see me.

And that's not literally how you think of it, but that is how you try and soothe yourself and your brain. That's why we're attracted to people like if your father was a raging alcoholic, you'll try and subdue some kind of alcoholic. If your mother was too busy at work, you might find someone who's a workaholic and do the same thing. You will try and win love from the type of person who didn't see you. I think I got to my 30s until, do you know what? He, what healed this thing for me was having my own child, having my own child and seeing my partner father my child in a way that exceeds expectation in terms of commitment, love, and his presence. Really took a turn where, and this is the pivotal part, I no longer want his approval or affection or attention. Honestly, literally, I feel like, you know when they talk about first life, second life, and Buddhism, like reincarnation? I feel I've now reincarnated into a different modality, a different person. So if my father was to come and be like, "Let's have a relationship," I literally wouldn't be mad. But I don't need it anymore. And I think that that pivotal point, and I don't know how you personally can let go of that person you're trying to seek approval from, but that is the pivotal step in letting go of anxious attachment and detaching and being present in your own journey. Because once you cut the tie from that person you're trying to impress, you're going to cut the tie from the myriads of people who you kind of think emulate them, and you're going to actually be attracted to people who are secure and people who are incredible for you, as opposed to trying to emulate that relationship.

The second thing that helped me become more detached and empowered is I realized that I don't want to, nor can I, control people. And this is such a really interesting thing to think about because essentially when you're not detached and you're attached to outcomes, and you're attached to people, and you're anxiously attached, your modality of your brain thinks that if I can control this situation and if I can control the outcomes of what's happening here, I will be safe.

Number one, I realize you can't control other people. You're the only person you can control. But number two, and most importantly, is nor do I want to. I don't want to have the job of controlling wild, random, strange people who are in my life in order for them not to hurt me or for them to cause me to be triggered and anxious. I don't want that role. I don't want to be the metaphoric pooper scooper of people who are otherwise not competent, and I'm there trying to make them be okay in life and control them. Because that control is so stressful and so tiring and so exhausting. My role is to be myself, and their role is to be themselves. And if they do not want to be with me, for example, as you say in your example, they don't see me, they've ghosted me, I don't know whatever's happening with you, let it be. It's not your job to, you know, guard them, to control them, to guide them in the right direction.

Number three is, I realized I don't want to be loved for my performance. I don't want to be loved and seen for what I can do for somebody or who I appear to be in their life. Because that anxious attachment and lack of attachment denotes that if I'm pretty enough, I'm skinny enough, if I'm curvy enough, if I'm long-haired enough, if I'm whatever enough, if I'm smart enough, if I know enough people, if I do that thing and the other thing, you will then love me, you will then see me. If I'm popular and famous enough, if I'm this one and that one enough, you will then see me. But this is the caveat: if they see you for all these performances that you can put on, and at the end of the day, God, whoever, Genie, Allah, whoever you believe in comes down and says, "Alright then, I like you," but they like you for all these attributes that you have decided to gain - your beauty, your money, whatever - do you want them to love you for that, and that's the only thing they love you for? No, you wouldn't. You want to be loved for yourself.

And I realize that if I jump through hoops for people, and if I try and perform, and if I try and be someone I'm not, I'm going to be loved for something that I'm not, and that's not what I'm here for.

Number four, I realized that changing who I am for somebody is not the key to long-term love. A lack of detachment and an anxious attachment is a fear that people are going to leave you, I suppose, right? Or that you're disposable, or the fact that you need those people. If you can't detach from people or ideas, is that you need them in order to complete you and be yourself? I realized that having that connection to that person and not being detached from them and being so anxiously attached is not the key to long-term love. The keys to long-term love is genuine affection and attraction to one another and respect. So if you're there hustling, trying to make this person like you, and I know a lot of you are in situations where this person doesn't even see you, I get messages from you where it's reels and reams of these people's messages where they're disrespecting you and ignoring you. What is the outcome you're trying to have? Are you trying to negotiate with them, win them, pivot them into liking you? Do you really think that that is the solution for the long-term love? And you're afraid that somebody might leave. Is this the person, this guy Jake over here, who can't even return your phone call and is so flaky and isn't even sure about you? You think that's the guy who's gonna heal that for you? He's not.

Number five is the key. It's not control, it's connection. I think a lot of the lack of detachment and a lot of anxious attachment is about thinking that you can control someone because intrinsically, somewhere in your life, you didn't feel loved enough, somewhere in your life, you didn't feel seen enough. And therefore, your cure to that problem isn't to meet somebody who's gonna genuinely like you back. Your cure for that is to find someone, trick them, coax them, do whatever it is that you want to do, the performance that you want to have, into making them like you. The key is not control, it's connection. The key is finding that person who you generally connect to, and then you can throw your hands up and go, "Do you know what, even if I'm with this person for 10 years, it will be the best 10 years ever." And then if it goes wrong, it goes wrong. You know, we don't know what life holds, things can happen that are unforeseen, even, like, not things like them believing in you, but just things like human things we understand, right? People aren't permanent, we're human and we're alive. So, it's just about enjoying the moment with a genuine connection, not one you've coaxed out of somebody.

Number six, morbid, but here is how I think. I realized that if I'm born alone and I die alone, then it is my duty to do the best for myself. I'm with myself when I wake up, I'm with myself when I go to bed. I was with myself through my childhood, I was with myself through ups, through downs. You're the same, you're with yourself through everything, and it's your duty to look after yourself. It's nobody else's duty to look after you, unless it was your mother and father in your childhood, and even sometimes you feel like that can let you down. But I can implore you that you are born with you, and you will die with you. So, your attachment to somebody else, and I don't mean a happy, healthy mutual bond, I mean an attachment to someone where you can't detach or you think about is them, the outcome of your life and who they are and who you are together, and it's this sickly feeling of if they don't reply to you straight away, you're like convulsing with fear that you will literally disintegrate into nothingness. It's your tribal brain thinking that you are extirpated, extirpated, whatever the word is, exiled from the tribe, and you just go into a lizard brain meltdown. Understand that it's not the way people's journeys are, so vast and different and the days are long, but the years are short, and before you know it, you will have lived your story. And the only duty you have is to yourself and people who, I believe, you have decided to take under your wing: children, pets, whatever, who didn't have a choice of being in the matter. You owe them something and yourself.

Number seven is, I became comfortable with who I am and what I look like. A lot of the things that I positioned my self-worth on, because I guess maybe my Eastern European background, and I mean in the world, the background of a lot of women is positioned on what they look like. But I divulged the fact that maybe I wasn't lovable or interesting or anything because I wasn't very cute. I, as a child, didn't think I was very pretty or, at least, I wasn't told that. So I thought, "Oh, do you know what? If I do Miss Universe, if I become somebody with beauty or presence, then I'll be seen and I'll be worth it." And lo and behold, I wasn't.

So, I did Miss Universe. I did maximize my looks to the best potential, which, by the way, is a whole other video if you want to see it. I believe beauty is manufactured and can be. It's about elegance and grace. It's not so much always about the features you have. I understand there are some features that are obviously and arguably beautiful, and some that aren't. But I will say that everybody has potential, and movie stars back in the '50s and stuff, they knew how to maximize that. But that's a whole other video.

So, I just worked on who I am until I realized part of self-acceptance and confidence and love for yourself is knowing that a lot of your face holds the heritage of where you come from. Your nose shape, your face shape, holds the features of people in your ancestry line who looked at each other and thought each other was beautiful at a certain point, unless, of course, something weird happened and it wasn't consensual, but let's ignore that part.

All your features, your combination of features, is all these people, all this lineage of people who survived from eons and eons and end of time, from the beginning of time. These people were intelligent enough to survive, these people were wildly enough to survive, these people were tenacious enough to survive, rigorous enough to survive, and wherever they were. My ancestry is very Nordic and Arctic, so in the snow, for me, these people were surviving in the snow for me to have the audacity to not like who I am or what my face looks like. It's not always about beauty, but it's about pride of your heritage and who you are. And I think everybody should have that and carry it with pride because your features are a combination of these people who once looked at each other until each other was beautiful.

There is something about that they chose each other again and again and again through ends of time to survive, and you are the result of it, oh my God. So sometimes when you see yourself as something that has taken such a long process to create, and Jake over there is not returning your calls, you just think, you know what, Jake? People survived in the snow to create me, and you're there not returning my call. Just... I'm gonna miss you.

Number eight, understand that the faster someone leaves, the better. A part of non-detachment and a part of anxious attachment is, I need to convince them that I'm worth staying for. I need to convince them that I'm good enough. I need to convince them. How about we stop convincing? How about we stop convincing and we turn it into, if you're not for me, the faster you leave, the better? Like, I do not have a lifeline that is up to my elbow, around my neck, and down to my other wrist. I don't know how long all of you are living, but you know, I think we've got under a hundred and hopefully over 60 years to live, right? So how is it that you feel the audacity to hold on to somebody who doesn't even want you? What are you doing? What are you doing trying to convince someone who doesn't want you to be with you? Why don't you celebrate the fact that they don't want you and let them go? Just let them go, be a free birdie, like I am not in the business of holding anyone against their will.

And again, there's some arrogance in that, where you feel you can convince someone because you feel you love them or they're for you. They're not for you. Love is consensual and mutual. If it's one way, it's not love, it's an idea. It's a proposition you have about yourself. And it's the arrogance and almost the childlike idea that if I feel I want you, then you must want me back. That's not the truth. Life isn't always going to be what you want, but please, let these people go. If they want to go, let them go. Oh my God, life is not forever, and the faster they go, the faster you can find somebody that is for you.

Number nine, understanding the self-possession and confidence is the key to beauty. That's not actual beauty, and it's the key to magnetism. It's not like being mysterious and cool and all these things that movies teach us to be. People that are most magnetic, are most amazing, and create the life they want, are other people who are self-possessed and just have a calm confidence.

They're the person who comes to a dinner and is not trying to overtalk everyone. Guys, guys, guys... It's the person who's got like a calm, cool ad because they know who they are, even when they're telling the story. They're not jumping over people to say it. If you watch an interview and if there's a couple of celebrities together on the sofa, the most magnetic one is the one who's not trying to talk over everybody, and the one who's always like trying to jump in with the jokes, trying to jump in with the jokes, trying to talk over the host. You're like, "Oh my God, you're so annoying." And they might not be annoying, they might be the nicest person there, but that kind of behavior turns people off. Desperation is really unattractive, I'm just gonna tell you. And I want to be soft on you and I want to say, you know what, baby, if you're desperate, it's because you've been hurt. At the end of the day, the world doesn't care and the universe doesn't care if you're desperate. You'll be served desperate, and that is um, the way it is. If you're desperate, things will be hard to get. It's like a Law of Attraction type thing.

Next, I think I realized that I'd rather see who someone is than preempt their behavior. I'd rather let someone have the freedom. I'd rather detach from them and let someone have the freedom to act as they will, as messy as they will, as ridiculous as they will, be who they are. And then either judge their behavior and be like, "Wow, this person's really impressed me. They have nobility and humbleness and character." Or, "Wow, look at this winery. The way this person's behaving is true swinehood. Actually, I like pigs, so who do I not like? I like most animals. Anyway, it's disgusting, Kaka Behavior, and that's not for me." What we do as people who can't detach, and people who want to attach to people who are anxious and all this stuff, is we cling onto it, and we always try and like play goalie and try and preempt them actually hurting us. Don't get attached in the first place. Then, when they act in this disgusting way, you're not taking it onto you. You're not like, "Oh, I've been hurt." You're like, "Oh, that's not for me."

It's like when you order in a restaurant, you're not attached to that food. It comes and you're like, "Oh, that doesn't look great." You don't marry the food already. You don't shove it in your mouth before it's yours. Assess it, have a look, send it back if you need to. Again, this is your life and these are your rules. You are the one who's looking after you, and you have the right to send the food back. Don't commit to things that you aren't there for. So if the person is ridiculous and is going to hurt you, why don't you assess them, take a minute to look at what they're doing, and stop trying to preempt it. Like if that person say they're gonna go out and you feel like they're not honest and they might cheat on you? Let them go. See what they do, as opposed to being like, "Yeah, but who you're going with? Yeah, but can I come? Yeah, but... is there going to be girls there? Is there going to be guys there?" Why don't we step back and see what this person will do? Because if this person's a cheating type, would we not want to know at the beginning, then when we're married with children?

Last but not least, and this one's for the girlies. I'm moving into my feminine energy, girls. My life started to change and flow when I discovered this for myself. I stopped pushing. I stopped. I went to drama school for three years, and a part of being an actor is then going to auditions and trying to get a role. And I would be everywhere, trying to audition for everything, trying to do everything, and push hard, masculine energy. And when I shifted, there is a course in my description box called "20 Feminine Energy Principles." I can't sit here in this video, because it's a two-hour masterclass, and tell you about what each one of those is and what stepping into it means.

But if you want to have a look, check that out. But basically, once I employed all those things, things started to flow in my inbox, work-wise, money-wise, friendship-wise. Friends who I didn't want fell away, friends who I wanted came into my life. Like, my relationship skyrocketed. That's the main one, in this true authentic way where you don't push. And it gave me this sense of flow, which is feminine energy. It's flow. And even if you're a guy watching this, maybe it's time for you to step into your masculine energy. Maybe the opposite is for you. To strive for, to achieve, to decide, to Yang, Y-A-N-G, like Yang energy. Maybe that will be healing for you. But for my ladies, it's that feminine energy where you stop pushing and you go, you know, "I'm gonna create from a place of authentic and self-knowing and self-knowledge and truth and authenticity, and everything that is meant for me will be attracted to me."

Guys, thank you for watching this video. If you're a real one, give it a like. If you're a really real one, then subscribe. I'd really appreciate it. Thank you so much. Leave me a comment of what you want to see in next week. I love you lots like jelly tots. And check out my podcast. Bye! Thank you!

How to Be Hot

Margarita Nazarenko

WOMANHOOD | SELF DEVELOPMENT | LIFESTYLE



Hello, you gorgeous mama Jammers! Are you excited and ready to embark on your hotness journey? Because I'm certainly ready to teach you. I may have a back spasm, which means I cannot get up from this position after this. I may have been looking after my child with the flu all week, but yes, I am here to let you know how to be hot.

The first thing that I want to address, on a serious note, is the concept of trend versus actually being seductive and a hot person that people are seduced by and want. Let us sip some tea because we're going to spill the tea. You need to understand, first and foremost, in the paradigm of what beauty is and what hotness is because, in this video, we're going to talk about seductiveness, attraction, and hotness. We're not going to talk about beauty because beauty is something that you can be looking at but not attracted to. A tree is beautiful, the view is beautiful, some women are extremely beautiful, but they're not attractive or they're hot, right? We're going to be talking about hotness, okay? Sexiness.

You need to understand that if you buy into trends and if you buy into the current concepts of what is sexy and attractive currently, it might be the curvy Kardashian figure that's oversaid and overdone. But that's just a really basic example of what hotness can be seen as. In the 90s, it was the small hips and the Pamela Anderson boobs. If you look at women's boobs at the moment in media or press or whatever, that kind of 90s silicone chest is considered matronly. That's the word right now, matronly. Everyone wants small and perky boobs. But back in the 90s, everyone wanted that matronly look, because that's not what it was considered to be. Everything ebbs and flows. Everyone wanted the Barbie legs, the skinny legs, in the 2000s. Now they want some meat on the legs. It all changes through times. Now, if you are going to hang the value of your attractiveness on current trends, you will never truly, truly feel hot and sexy.

You need to understand that if I take you on an airplane right now to five different countries, your value and merit is going to go up and down. All those cultures have different sexy limits and variations. Areas have different sexiness and variations. Some cultures like long nails, some cultures like shorts, some cultures like big brown eyes, some cultures like smaller eyes, some cultures like big lips. In some cultures, big lips are a no-no. You've got to have them small.

What is this to tell you? That is not for you to get on the plane and travel to a country where you're going to be appreciated. No, it's to understand that if you are quintessentially that Pamela Anderson girl with a big chest and small hips, you would have been trendy in the 90s, and you wouldn't be so trendy now. But that does not take away from your hotness because, you know why? Ready for this? Ready for the groundbreaking thing that I'm going to tell you that you probably know but I'm going to remind you of? Just because something is trendy doesn't mean that the lover of that thing is not seeing it.

What do I mean by that? If this is a percentage of men or whoever you're attracted to, women, men, whatever, this is all of them, right? In the 90s, there was a certain look, but still the same amount of people like that look. This amount of people, and now, still the same amount of people like that look. It doesn't matter that the times have changed. Not everybody looks into trends and goes, "Oh yeah, now it's big bums, I'm gonna like big bums." It's just that now people, those people, have a voice.

You still have your market. It's just not what's trendy. So, that means you've got to come into this world and you've got to come correct, having a certain confidence and genuine swagger, knowing that your percentage of people who like your type, whatever you may look like, are still out there.

If you're a Latina hottie or if you are this girl with Scandinavian features, those men who would have liked you have not just gone in the bin and been thrown away just because the trend for your type isn't there. They're still around. It's just that your type isn't in the magazines at the moment. And to be honest, who cares about the magazines? The media is just trying to sell you something, trying to sell you a look, an idea.

What you need to do is step away from that and have some value in your actual self and who you are, and know that there's a market out there for you. And in that knowledge, you're going to transform from this half-assed, shy, apologetic version of yourself into a powerhouse of personal hotness.

So now, if you're a girl who's not in trend, you've got a certain type of physique. I don't know what it is anymore because, to be honest, I don't care and I don't follow it. But let's say you don't have that curvy butt. The amount of men that don't like curvy butts are still out there. So, you with your tiny little tushy need to carry yourself with a tiny little tushy energy and be out there.

For example, big boobs aren't trendy anymore. If I still walk around being proud of the fact that I have a certain body type, those men who like boobs are still gonna look at me that way. And again, it's not just men, it's whoever you're attracted to, right? But it comes from being the utmost and best version of yourself. That's what hotness is, that's what confidence is, and not being apologetic and trying to shift yourself and dumb yourself down into something.

The second part of sensuality or sexuality or hotness is not to do with sexual activity, and it's not to do with exemplifying assets. You've got to understand that sexuality, sexiness, and seductiveness have to do with inner knowledge and competence in the self and connectiveness to your body.

So, if you're somebody who plays sport, does yoga, does what it is you need to do for your body, eats the right foods for your body, is connected to your body, you're going to be that much hotter than the girl who is not in touch with her body, doesn't know what she's doing, doesn't know what's right for her, but she's wearing a low-cut top and a tiny skirt.

I promise you, and what we're talking about here is not instant, "Oh my God, look, she's naked, I'm going to look at her," but real seductive qualities over time when someone can look at you and be like, "Oh my God, she's so alluring. What is going on? It's breaking my brain. You know, she's just so seductive." That kind of hotness and that kind of allure and seductiveness comes from self-knowledge. So put self-knowledge before skimpy clothes. If you want to wear skimpy clothes and that's your confidence level and that's your comfortability, then by all means, you can do that. But that's not what sexuality is entitled, is involved in, and wrapped in, is named. It's to do with your knowledge of your own body.

Because when that person looks at you, they know that you've got some kind of power over your own body, over your own space, over your own likes and dislikes. And what people love to do when they see someone sexy, and especially men, is to bring you happiness, is to bring you pleasure, is to make you smile, and it's to make you feel a type of way. That's what makes people enamored with you. And when they see that that is possible to do that with you because you have a knowledge of your own inner self, that's what makes someone sexy. Because you can see in their eyes that they have that allure already, they have that connection with their body already.

It's not about being sexually active either. Just because you are somebody who is not quick on the uptake and sleeping with everybody, it doesn't mean you're not sexy. In fact, having power in your own space and the ability to say yes or no and boundaries is way more sexy than being like, "Yes, I'm super sexually active, everyone come at me." That's not sexuality, that's just a level of openness that I'm not sure one should even strive for, to be honest. But if that's you, you do you. But that is not what sexuality is wrapped in.

It's about knowing your body, looking after your body, and especially if you're a woman, understanding your boundaries and understanding what it is you need to do for your body. Putting yourself first is a major one. Hot people put themselves first, so they've got something to give to other people. They've got some replenishment to give because they're pouring from a cup that's already full.

Another thing that hot people do is not put themselves out for other people and then get resentment and rat-like an angry. They don't put themselves out. They do what they need to do for themselves first without trying to control other people. They're quiet and their confidence. They're replenishing themselves. They're on their own journey. They're not stalking you on their Instagram. They're not trying to find out what you're doing. You're not their main focus. They are their main focus. You are their secondary focus. And you know, because I know you know, when you've met a person like that, you are like, "Damn, they're so attractive," because they're just in their own lane.

Hot people are in their own lane. Hot people do things that are inadvertently hot. Like, they won't always reply to you at the same time. They're unpredictable. You know why? It's not because they're trying to reply to you at different times. One day it's five minutes, one day it's five hours. It's because they actually have a life. So on a Tuesday, they might be with their friends and going to Pilates and doing this important work deal, but on a Monday, they might even leave their phone unanswered. They're not playing games; they just have a lifestyle which facilitates them to sometimes reply to you and sometimes not. You, by being around that person, know that you're not the center of their attention, and nor should you be. Because who are you? You just met them. Hot people put themselves first. They know to put themselves first. And last but not least, hot people can take up their space, can take up their time, can talk slowly. They speak in a way to take up space. They don't feel the need to rush. They don't break eye contact. I'm looking at you right now. They can take up their space, and they feel that people will be there for them. They're not there stuttering over themselves, looking down and all this stuff. Hot people can take up space, and they don't have weird voice intonations.

Weird voice intonations come from a childhood where you either really had to stand out, you really, really wanted to stand out, no one noticed you, or you were really like everything. In a voice that's a little bit unnatural, is you trying to hide something in your childhood when your voice developed. Try and listen to your voice objectively from an outside point of view and see if there are any inflections in there or any tones in there which are not pleasant to listen to. It's not judgmental, it's just self-development. So if you're irky and ah all the time like that in your voice, maybe you wouldn't get seen enough. Relax, take up your space, make eye contact, don't try and jump into people's conversations. Take it slowly. It's way more seductive than squeaking into everyone's ear. Anyway, thanks for watching. I'll see you in the next one. Love you lots like jelly tots. Bye! Oh, subscribe! Naughty! Subscribe right now.

Your Self Image Can Make or Break You

Margarita Nazarenko

WOMANHOOD | SELF DEVELOPMENT | LIFESTYLE



Are you sure that you are really who you think you are? There are so many parts of your personality that are layers of things that you have created in order to either facilitate who you think you are or facilitate your existence in the world that you exist in. You probably have limiting beliefs in your self-image that allow you to persist in being the type of person that you are. So, you have a rhetoric in your head that keeps going over the fact that you're an unlucky person or you're a lazy type of person or you'll never get to what you want to in life. It's because you've trained yourself to notice the things in your reality that say "yes, she is right" or "yes, he is right." Because of these things, our brain wants to prove ourselves right above anything else because it's a feeling of comfort that you have to know that your inner world resembles the reality.

So, if I think, if I believe I'm an unfortunate person, that's just who I am, that's just my reality, your brain will go, "Okay, she's unfortunate. Let's prove her right." This happened, that happened, she didn't get a parking spot, this tragedy happened, all this stuff. It's gonna prove you right if you let it. So, in order to change your self-image to facilitate growth and the creation and manifestation of your future reality, you need to radically change who you think it is that you are. If you don't see yourself as a different person, you will keep repeating the loops that you've learned yourself to believe.

You have made yourself too comfortable in this life. You haven't set boundaries. You have golden child syndrome where you were so good and so convenient and so obedient just to please your parents. In a lot of cultures we come from, that is what we are. In the Eastern European culture that I come from, you had to be good and proper and listen and all that stuff. That is not conducive to being able to stand up for yourself and set boundaries. A lot of you would feel the same if you have a knowledge of being yourself for who you are. You need to break out of that paradigm and create a new reality so that then your world resembles who you are inside. Because you're over here trying to manifest and trying to make things happen and trying to, you know, move forward in the world when you are still in your head, the person you always were. You need to change who you understand yourself to be first, which brings me first onto the sponsor of this video.

I want to thank Blinkist, who I've been a fan of for a long time. So, this is a whole circle turn around situation where they wanted to sponsor a video. Thank you. It will facilitate you in aiding this video to help you. Blinkist is a service where you can read over 5,500 books on self-development, non-fiction books on progress, mind psychology, all that juicy stuff that you and I are into. But this is the kicker. Blinkist breaks down the book into the key concepts that the book consists of and serves them to you in 15 minutes. 15 minutes! Do you understand how amazing that is? So, this book that I'm reading at the moment by Dr. Joe Dispenza, I got it down in 15 minutes. "Breaking the Habit of Being Yourself," which is what this video is about. How can you move forward if you're still living in the paradigm of who you think you are, which might not be the reality of who you are? You need to change your self-image and self-perception first.

This book and Dr. Joe Dispenza in general is incredible when it comes to things like meditation, which I'll mention in this video later. I am not too good at this part of it. I find it hard to let my mind rest and to essentially meditate. But get this book on Blinkist. You will understand more about his methods, and we will discuss mine. But it is very, very important to this whole process.

If you go my link in BIO, you will get 25% off a premium membership. You will get two for the price of one, so you can give it to a friend. Your friend or your family or whatever can also use the service, and you can link books and share them. It is like a whole amazing book club situation going on. Very useful, very amazing. And you'll get 25% off if you use that link, and you'll get a seven-day free trial. So, utilize it. It's so good to condense and compress what it is these books are about, especially if you're going to invest your precious, precious time into actually reading the full-length version. Look at the key ideas. You can listen to it or you can read it and take it from there.

It's important to note, back to our topic, that your limiting beliefs shape your reality and who you are. But what we hardly ever discuss is why did you develop these limiting beliefs.

Yes, you might have had a really traumatic, difficult childhood. Yes, you might have not grown up in the way that you wanted to. All these things might be true. But the reason you're not breaking up with those beliefs might be because they're serving you in some ways. A lot of people who are stuck in the victim mentality like to be felt sorry for. They like to be mollycoddled and they like to feel witnessed and noticed. It's like you will try and save them, you will try and break down the doors of the castle, slay the dragon, and then the last part is you just need to get into the room where they're locked, but they're holding the door on the other side because they don't want to be saved. Because this idea and the mental image of themselves as the victim serves them. Is that you do? You like to speak a rhetoric again and again, over and over, about how life's not fair and how you don't get all the right things. You need to stop. We need to cut it out because you were given one life and you are going to utilize it if there is the last thing you're going to do. You are going to see how far we can take this thing, this movie that is our life. You're going to be fully the main character, and we're going to see how far we can spin this because you deserve to do this. All your ancestors then come before you for you to just sit there and hold the door when people are trying to rescue you. You need to rescue yourself. You need to understand that your thoughts and your emotions shape your reality.

I always was so confused about the notion of "if you want to be happy, just be happy." I was like, how can I be happy? Tragedies are happening, this and that and the other thing. But the truth is, you can't change some of the realities that are happening. You just can be the type of person that you are. People have noticed throughout history, throughout time, evolution, that those people who make the best out of the little things they have actually amplify and grow. You need to create a gratitude habit, to learn the skill set of noticing all your opportunities. Because once you want to buy a red car, you suddenly notice that everyone around you has a red car. Your brain cannot take in all the information that is offered in the world all the time. Your brain is a supercomputer which you say, "Right brain, now we are noticing red cars." Why do we have a gratitude diary where we write the things we are grateful for every day? Not because it's a magical thing, well, I guess it is magic, but because we want to train our brain to see and notice the good things. Why do we want to do that? Because the more you notice the opportunities and the good things that are happening in your life, the more you can utilize them.

I want to buy a red car, I see so many red cars. I want to be successful and a millionaire, I see the paths to how to become that. If all I'm thinking about is how I'm poor, I'm not seeing the opportunities. And this is coming from a person who's been that. I've been that. I've grown up with a single mom with no English, how I, in a country eating cereal with no milk. So listen to me, you need to start focusing on opportunities as opposed to a lack thereof. Because your brain is a super machine that will find the opportunities once you let yourself see them. How do you do it? Gratitude. You need to create a journal and write down all the good things that happen during the day.

Meanwhile, with the bad things, what you resist persists. It will persist if you resist it, if you fight it. Which is why I often say to women who are fighting a behavior of a man they're with, instead of constantly fighting that behavior, notice the good behavior that he's doing. It's the most backward thing to say, to advise someone, but it bloody works. Trust me, it works. When you start to speak light into someone, they start to do the right thing, unless they're the most far-gone case in the world, and in which case, they'll just fall away into the ether, as they should. But, but you need to have blind focus on the goodness and disregard the negative looping that is going on in your mind. Change your self-image, who you are, what your reality is. People and how good to you, people want to do good things for you. You want to have good to yourself.

When I had a child and had a surgery at the same time, love that for me in terms of like body, I was stuck in a loop where I did not see myself as the fit type of person who had fitness, slimness, the type of body I want. People want different bodies, but that's the type of body I wanted. I was like, how? Googling all these things. How? I'm sure you've seen my weight loss video on this channel, and suddenly it clicked on me. My identity, I needed to change my self-image from somebody who doesn't know to somebody who knows. Now, this is really gonna... Oh, you're gonna really... Your brain's either gonna understand it straight away or struggle to understand it because I didn't understand it, but I finally did.

You don't need to be the person who's dieting. In the case that I'm talking about, you don't need to be the person who's trying. You need to wake up one day and completely shift your reality into the person who already knows. Say to your brain, "If I knew what to do, what would I do? If I knew what to do, what would I do?" Because your brain knows. It knows a ton of information that you don't know that it knows because you've been picking up throughout your life. Picking it up, picking it up, picking it up, picking it up. But you're focusing on the fact that, "I don't know what to do. I don't know what to eat. I don't know how to be fit. I don't know how to lose weight." Yeah, you've been focusing on all that. So, your brain is affirming that. Yeah, we don't know what to do. Yeah, we don't know what to do. We're walking around not knowing what to do. We're so confused. We don't know what to do.

Change your identity. I suddenly knew. I suddenly knew. Oh my God, Whole Foods and no processed food and keto for me. Being a Nordic person works the best. I just knew. Two months, 10 kilos lost. The hell? How? I changed my identity. It wasn't even hard not to eat junk because I was like, "I'm that healthy type of person who doesn't eat that. Thankful for that. Love it for me." Identity changes and I noticed that um, I'm in the least happy state in my body when, I guess, it lapses and I'm not in that identity anymore. And then I start the struggle. "Oh, oh, should I eat the chips and the fries?" No, you shouldn't.

What good is it doing for you? Honestly, I'm pretty strict on this. A lot of people are like, "Well, love yourself, eat the junk." I'm not sure if that's a self-love format. For me, it's still a question. No, in fact, I know. I have a knowledge that's not self-love. For me, maybe for you, you need to crowd out what it is that you don't want as opposed to try and get rid of it. You need to focus. Let's stick with the eating thing. Instead of being like, "I'm not gonna eat this, this, this, this, this, this," you're going to be like, "You know what? I love myself. I'm a person who loves my body. I'm the type of person who wants to do better for themselves, and I'm the person who wants to live a long time and play with my children. I'm gonna eat this. I'm gonna mix my greens. I'm gonna have all this colorful salad because that's what needs to be done. I'm gonna have these quality organic meats.

Whatever, whatever it is you want to do, I don't know you. I don't know exactly what you need, but you know. You know you need to crowd out the bad stuff. Stop focusing on the bad stuff. Stop thinking, 'Oh my God, there's so much junk. Oh my God, I can never...' You can. You can wake up and decide and change your self-image. You are now the person who knows, and you are now the person who, instead of thinking, 'I can't eat these fries. I can't eat these chips, whatever country you're from, whatever you call it, think, "I need a salad today. I need this gorgeous salmon fillet because I need my omega-6, omega-3, Omega, whatever, right?" That's how we need to be coming at it from self-love. You need to create an idea and a self-image that you are the type of person, because why not you, that can create any reality that they want. Just wake up tomorrow and try it. Just decide that's you.

Decide, and I hear you. I hear your brain going, "No, no, that's not me. I can't. That's not a reality. These kind of videos are just, you know, people talking like that, but it can't happen." It can. It can be you. It's many people. You can be one of those people. Why not? Why can't you be one of those people? Why can't things happen for you? Your brain sees what it is you train it to notice. That's the key to it. You need to lean into what makes you feel good as opposed to what makes you feel blocked.

So what made me feel good in the whole weight loss health journey is knowing that I'm fueling my body with these amazing things as opposed to things I can't eat. So I totally stopped thinking about things I can't eat and started to almost, to the level of obsessed, be like, "Oh my God, I can't wait to eat this. I can't wait to eat this." To research food, to listen to podcasts about food and like interesting things, to really fall in love with it.

I've heard a lot of people who break out of eating disorders, which isn't what this video is about, but they break out of it from passion for food as opposed to trying to escape from it. And that is a big thing. You need a positivity mindset. A growth mindset is what it's called, as opposed to a negative mindset. A growth mindset is where things are possible for you, for anyone, at any time, and you can make it happen. And that is the first thing that needs to shift before you sit there and you manifest some kind of reality. You need to manifest a new version of yourself. From tomorrow, you're going to be 43. You're going to be 18. You're going to be 28. That's a whole new you. That's a whole new you.

I got it in my head that my life is in seven cycles. My last birthday, I was like, "This is where my next cycle begins." I grew my TikTok to over half a million within five months. I launched a podcast which is charted. I am not saying this to show off or anything, but I just decided. From this birthday, for the next seven years, I don't know what's gonna happen in the next seven years. It's gonna be even better. But like seven-year cycles, that's what I decided. You need to create a belief for yourself that is unbreakable and that you will live with and believe unbreakably.

The book that I mentioned earlier via Blinkist, it goes into meditation. That is not something I can sit here and teach you because, let alone being an expert, I'm not even a practitioner. I don't know the power that it has. But I do believe that meditation isn't what everyone always says it is, and that is a certain practice. You've got to let go. I believe I've reached a level of some sort of meditation. I guess it's my own, but a visualization and emotional connection to the ideas of what I want to happen. I lie down before I go to sleep and I feel into the reality that I want to happen. I don't know, a feeling of independence, happiness with my child, success in my endeavors. Feel into them emotionally, and that is my meditation. But Dr. Joe Dispenza will give you more. He's got lots of books on that. The key to take away from this is: your brain will create the pathway to close the gap between your belief and your reality. So if right now this is your reality and this is your belief of who you are, it's cohesive to who you are.

If you think you're a piece of garbage that doesn't serve anything and you can't do anything and all this stuff, your brain has matched it. And now, oh, this is where the brain feels good, where your belief matches your reality. If you can overpower yourself and change your belief to where you're this person and your belief, your soul, and your spirit, and your mind is stronger than anybody in any reality, right? So your belief is here, your brain has no choice but to pull up to where you are. It will pull up and it will create pathways. You will start noticing opportunities. You will start to carry yourself differently. You will lose that weight, or you will dress differently, or you will gain that weight if that is what you want, or you will present yourself differently in order to match your self-concept, your self-image. That's what's gonna happen.

Lastly, a lot of ways that we see ourselves and our self-belief needs to be dismantled. It comes from a pain point in childhood or some way that you became convenient or some way that you learned to survive, to disappear in the background, to not require much, to not set boundaries, to not appear in this world as a person of presence and someone who deserves to take up space. Even down to the fact that what we were talking about earlier, weight loss. A lot of times, people hold weight in order to protect themselves from the world. If you notice a lot of people who carry weight and they don't know why are people who are overly kind, hence the stereotype can sometimes prevail, and they are trying to protect themselves from hurtful things in the world. And it is hurtful.

So you almost need to fortify yourself in your self-knowledge and self-concept and let go of the fact that the world is going to hurt you. It might, but you will survive. You will be fine. You can do this because you're going to change your self-image and you're going to appear in this world as the person you are meant to be, and you will see the pathways. The world will open its arms to you, I promise.

Anyway, thanks for watching this video. Go in the description box, look at Blinkist, get your 25% off. Thank you for sponsoring, and check out my podcast, "20 Feminine Energy Principles." It's also in the bio. It's all down there. Love you luster J-tots, and I'll see you on the next one. Thank you.

If You Have Anxious
Attachment Send This To
Your Partner

Margarita Nazarenko

WOMANHOOD | SELF DEVELOPMENT | LIFESTYLE



Hi, my love. I wanted to come on here and have a chat with you about if you have an anxiously attached partner. What you can do to help them. This video comes off the back of another video I made called "How to Thrive with an Avoidant Partner." The reason I went to that angle first, you can catch the video here after this one. The reason I went that route first is because a lot of us are in relationships with people who have avoidant attachment, and we're seeking help. Okay, the reason that video came first and this one wasn't even in the works to be made, but so many of you asked for it. I guess it's for the people who are anxiously attached, for the people who want to send this to your partner, so go ahead and do that if you need to.

The reason I made the other angle first was because if you have anxious attachment, it's very hard to live in your bones every day in the context of relationships. They really send you spiraling. And for that video, I also made a really good video, not good as in like I do myself so good, but as in I sat down and I really explained the ins and outs of it. It's called "How I Went from Anxiously Attached to Secure." Excuse my breathing, I've got some kind of hay fever fun situation going on, but I need to talk to you, so let's do this thing. Also, if you like this content, give me a like. That lets me know if you like this style of content, if we're gonna keep going forward, if we like this relationship. Let me know.

The first thing you need to do in order to thrive with an anxiously attached partner, because we're not going to waffle, we're going to get to it, is understand what anxious attachment is. Because we're not in the business of standing around calling people narcissists, this one, that one, anxiously attached. You need to delve into anxious attachment theory. I've got an Amazon list linked in my description box that you can look at, and a lot of books in there are on attachment. My favorite one is called "Attached" in big red letters, hot in the back, like a magnet heart, I think. But basically, anxious attachment is when something goes on in your infancy or childhood, or maybe even a relationship as you're growing older, that doesn't make you feel stable in relationships and makes you feel like you need to cling onto relationships as opposed to just thriving them. Okay, you feel emotional discomfort at being alone, you feel an intense fear of abandonment, you feel like you depend on others but you feel unworthy, you feel jealous but at the same time, you want to please. You want to find out the algorithm of how to make somebody happy and jump through hoops in order to do so, but you pick things in their behavior that shows you that they might leave you eventually and you bring it up to them constantly, causing arguments. You don't trust people, and you're sensitive. I like to equate it to, like, almost having, you know when you graze your skin or when you burn your skin, like even the wind blowing on it hurts. Anxiously attached people are that way too. Attachment just sends them into a spiral of sensitivity. Like what, for us, might feel normal is secure people, by the way. I used to be anxiously attached. Um, that's why I made that video and how I shifted it.

But this video is about if your partner is anxiously attached. Now, I doubt highly, but I don't know, it's always possible that the person watching this has an avoidant attachment. Because if you have an avoidant attachment, you probably haven't searched for this video because you're probably trying to run away from closeness. So, you're probably not watching this in order to be with your partner. You probably have a secure attachment. You're in your secure attachment. You're in your body, in your mind. You are living life, and you don't know how to handle this partner that you've got. And you've made the decision that you want to be with them.

My original video about how to thrive with an avoidant got some backlash because people said, "Well, why are you telling people to be with an avoidant?" Now, honey, hold the phone. I'm not telling anyone to be with anyone. But what I'm not doing and what I'm not in the business of doing, if I have some knowledge that I can share, if I have some way that I live through something that I can share, is not to share it. Because what happens often is we leave the people who are in situations like being with an avoidant. Avoidants are humans. They've got an attachment problem as well. We leave those people on their own to just battle through life. Well, there needs to be resources. There needs to be ways that they can improve. There needs to be ways that they can improve their life also. Like, we can't just say, "Oh, you should leave, you should leave, you should leave." Not everybody should leave, and it's unrealistic. We need to sometimes accept that people have circumstances in which they might live in this life, in that lifestyle, and that is what they're doing currently.

So, if you're secure and your partner is anxious. The four things you can do: I'm gonna go through the four things you can do to help your partner like the Staples, and then I'm gonna go through seven steps of it, okay? Number one of the four is an avoidant person needs constant reassurance and assurance to the degree that you might not even understand. If you told them you love them this morning, they might not understand that you love them tonight. Any behavior that is out of a pattern will send them into questioning what your relationship is about and what's happening and what you can do. Any destabilization, any notes of you, I don't know, talking to someone new, anything like that. So, they need more assurance than the average person. Give it to them. It's absolutely fine. If you see them destabilizing, that's what they might need. And sometimes, their behavior (and I told them in the video for how to become secure from anxious) that they need to acknowledge that their behavior is sometimes quite ugly. I understand that mine used to be, also. But despite their behavior being ugly, you need to keep in mind that number one, they really crave assurance.

Number two: You need to prioritize consistency and attention. If you blow hot and cold, or if you're there sometimes and not there other times, it is worse than you giving them, let's say, if attention ranges from one to ten, it's worse if you're a 10 and then a three tomorrow, and then a 10 and then a three tomorrow. It is best if you're consistent, near seven, or consistently even a five. The lack of consistency of attention in a relationship can send someone with an anxious judgment spiraling.

Number three, very important, and men in general, if you're watching this, and even if your woman isn't anxiously attached, this video is very good to understand how to be with women. Number three is follow through on your commitments and promises. Do not promise out of your bum just because you feel like you need to promise someone something. If you say, "Yeah, I'll be there at three," and you've got any notion that you might be late or you might not be there, say, "I'm not sure exactly what time I'm gonna come. I might come at three, but probably three-thirty or four." If you're gonna promise something, deliver or don't promise if you don't know.

Number four: Encourage learning about attachment. What is avoided, what is anxious, what is secure? You know, what are those things? What is the attachment theory? Not only do you need to learn about it, but they do too. So, step number four is encourage them to learn about it, encourage them to look at themselves in the mirror and their behaviors. They need to become aware through you and through conversations that they exemplify anxious attachment, and that behavior is not always okay.

You don't need to parent them, you don't need to show them books, you don't need to do all that, but you need to say right now what you're doing: "I love you very much" (assurance), "I'm going to be here for you" (consistency), and "I promise we're going to do this" (keeping the promise). But what you're doing right now is your attachment. This is not me. I'm not leaving anywhere. But we need to be aware of how and why you're reacting like this. Let's get on to the seven steps of what you can do for yourself and them.

Number one: Go on my Amazon list, understand attachment theory, understand how it works, understand that even though it might seem stupid to you, it's very important to them. Understand the intricacies of how people develop these attachments and what happens.

Number two: Understand the causes. Now, the causes mostly come from childhood: a depressed parent, a parent who wasn't there, physical abuse, mental abuse, alcohol abuse. So, if you know that your partner comes from a family that's like that, you need to be very aware that their reactions might not be balanced. They will either become avoidant or anxious a lot of the times because as a child, you don't know how to cope with your primary caregiver not giving you the care that you need. However, I also want you to understand that sometimes people from seemingly extremely happy, normal families can develop this attachment style because some things cannot be avoided. If your parents divorce at a very young age and they're still great people and they should divorce because they're just not happy together, let's just say you agree with it, you can still develop an attachment problem despite everyone's good intentions because as a child, you just did not understand what happened and the reasons for it because it was not for you to understand. A lot of times, it's also from infancy when a caregiver was isolated or let's say, you know, it's very hard to raise a baby, and if your mum was by herself a lot or their mom was by herself a lot and she just could not give the time of care that they needed, she was fatigued, she had many other children, you as an infant could develop attachment problems as well. So, you need to understand where that came from and what triggers them. Is it from a divorced parent? Is it from infancy? Where is it from? What are their triggers? Is it going to be you suddenly leaving? Is it going to be you not talking? Is it going to be gaps in your messages? What is it going to be if they suddenly lost someone? What is it going to be? And do not exemplify that behavior because you know it's going to set them off.

Number three: Create boundaries for you and your partner and consistent routines. So often, when somebody's healing from anxious attachment, which they should be because you've already introduced them to literature. You've put it into your conversation. You need to set up routines that are quite regular and quite predictable. You need to let your partner know that you'll be home at seven, and let's say you're working late, you need to start talking about it earlier. A lot of people who are secure are used to the fact that they could just suddenly say, "Oh, I've got to work dinner tonight," and pop off. For someone with anxious attachment, that's very sudden and very hard to deal with. As ridiculous as this sounds, you need to start talking about it earlier. "Oh, you know work's coming up. Me and Jeff and Frank are gonna, I don't know, these people. Me and Jeff and Frank are gonna go for dinner because we're going to discuss abcdg. I'm gonna share it all with you. I'll text you when I'm almost done. I'm going to drive here home." I know it sounds like a lot, but if you're invested in this partner, it's just going to help them be soothed. And the more you're like, "Oh, I'm just going tonight. Yeah, it's not a big deal. Yeah, I don't know when I'll be home," it's going to make them feel terrible. So, routines and boundaries are really, really, really important.

Number four: You need to develop a healthy lifestyle. Any kind of issues, mental, physical, can be helped with a healthy lifestyle. And I'm going to tell you right now, it's very depleting, very difficult, and hard to be with someone who's got an anxious attachment style and truly every day puts that on you. You need to look after yourself. You need to be healthy. You need to, like almost like a mother with an infant, you almost re... they need to be re-parenting themselves, but you are going to help them in that since you've decided to take on that role. And you need to look after yourself. You cannot let yourself go to waste and become decrepit because it's going to affect you mentally. And I want to tell you that you're not here to save somebody. You're not here to save anybody. You're here to look after yourself. You were born with you, and you will die with you, and that is your main priority. So, give them as much as you can reasonably, but implement healthy lifestyles. And don't come down on them dictating that they need to be healthy. That needs to be on them. The best way to make someone else around you healthy is to have that lifestyle yourself. Tell them how amazing it is, and they will join you. Hopefully, they will.

Number five is consequences, which is, um, leading on from number three, which is boundaries. You need to have open conversations about the fact that you understand that this is their attachment, and you will do everything and you will reassure them, and you will be there for them. But if they cross your boundaries, there needs to be consequences. And I don't mean a smack bottom, but I do mean, um, that you need to communicate clearly that if you are not okay mentally and if it's too much for you, don't ghost them, don't block them, don't do any of these ridiculous behaviors that people do. I can't believe it when women email me or text me and say, you know, "Oh, he's blocked me because he doesn't want me." Blocked you. Just don't reply.

So anyway, you need to communicate to them that you're now crossing my boundaries and you're now making me quite upset. I know this is a strange example, but it's almost like if a toddler kept going on at you, going off at you, you simply lock yourself in the pantry, right? Attending group, you need to say that if all these efforts that I'm putting in, even watching this video, you can send it to them and say, "Look, I'm here for this. We will work on this. We can do this, baby." But if it gets too much for me and if you are disrespectful, this is not an excuse to wield yourself carelessly because you're also a human being. And send them my video about how to go from anxious to secure. That's very important. They have awareness.

Number six: therapy. If they don't want to go, you need to go. You need to go to therapy because there's going to be a lot of pressure on you. It's going to be a lot of fighting, and it's going to be a lot of changing. Unless, of course, you can really work on this with them. Sometimes people can truly heal. They can heal 100%. They can heal. So maybe they might not need it. Maybe you might not need it. But I would definitely advise it. It's amazing what talk therapy can do, what being around human beings who understand this can do, and also can give you perspective. If you're seeing a therapist and you can tell them about their anxious attachment and what they've done or said, they can put your mind in perspective and reframe your thoughts.

Last but not least, and this one is one that might change the trajectory of your relationship, you need to be emotionally available. You need to understand this. Some things that might fly for other people will not fly for your little wonderful anxiously attached lover. You need to ask them if they're okay when they stop talking. You need to listen, listen, not fix, presently listen, engage, sit in their emotion. They just want to be witnessed. They want their life to be witnessed. Their fear to be witnessed. They were not seen in childhood for some reason, maybe their parents were busy working, who knows? They need you to see them. And I think love and humanity can heal humanity and human pain. I don't know, but I really do think that. And I think if they can truly see that you're there and you're listening, it will be life-changing for them. Awesome. How they feel, see into their world, tell them, "I know it may seem that I don't want to hear it, but I do. I'm here for you. All those things."

So, number seven is the one that might shift it all. Anyway, guys, I hope this one was helpful. I hope you can use it to better your life, and I'll see you on the next one. Subscribe if you want to. Bye.

I Used to Be In My Masculine Energy

Margarita Nazarenko

WOMANHOOD | SELF DEVELOPMENT | LIFESTYLE



Buongiorno, it is I. I am back with the video about my past, my future, am I, my masculine, and all that stuff. I asked you to leave me anonymous questions on my Instagram about, no, not questions, assumptions. Okay, my coffee. I'm gonna have it, sorry guys. Um, and we're gonna go through it because I think it's time we get to know each other since a lot of you here are new. Um, later this week, there's going to be a video about confidence, attachment, and all that good stuff. But this video is a little assumptions about me.

"You used to be a wild party girl." Listen, wild is a subjective objective. As an objective thing, I didn't used to be a wild party girl, but I was definitely a party girl. I was in London, I love a good party. I um, loved to be out. I love to party. Right now, I couldn't think of anything worse than a party. Like, leave me alone. I just want to drink coffee and wine at home.

"I assume you never cry in front of your man." Do you know how much he would love for that to be true? Do you know how much he would love for that to be true? I think the true essence of being in your feminine is being in touch with your emotions, and I cry in front of my man. What I don't do is cry in front of other people. I am, yeah, I find it really hard to cry in front of other people. For sure, he'll probably want me to stop crying in front of him if he had the choice.

"You never raise your voice." You know what? I used to raise my voice all of the time in my past relationships and all that stuff. Since growing up and learning more about just handling yourself with real power is speaking in your authority without yelling. Like, you don't need to yell at anyone. And especially now I have a son, I don't like yelling around children. That is just terrifying. Um, children get very scared of who yells. So there's none of that.

"You've never had a purely platonic male friend." I don't know that's just what I actually think about you, but I just wanted to know why you think male and female friendships cannot be platonic. I've mentioned before that I don't think male and female friendships can be platonic because I don't believe in male and female friendships. Like, genuinely, off the bat, I don't necessarily believe in it. Because I believe in childhood friendships where you know someone, you've grown up together, you are now friends, Bob is your uncle, it works. I believe in universities, you can become friends and all that stuff. But I really don't believe that when I'm a grown adult in my marriage right now, that I would be okay with, and vice versa with my husband, if I suddenly call and I say, "I met John at work. John's a really nice guy. Him and I are gonna go for dinner." Why? What's the business purpose? Oh no, we just think we can be friends. From what area is that happening? I just don't see that happening. I believe in family friends, the groups of friends. But intrinsically, I think that if somebody who is of the opposite sex is suddenly deciding to be your friend, especially from the male point of view, they probably have more in mind for you than that, honey.

"You've always had a strong feminine energy and haven't struggled too much with relationships." Maybe. Maybe I am the reason I know so much about feminine energies because I am the masculine energy Queen. I grew up without a dad, with very strong women, Grandma who worked, my mum worked. Not that that's not feminine to work, but as in like, they made things happen. Um, I didn't grow up with any father figures, uncles, or anyone, and often that can have the opposite result in a woman, and that is she's deeply in her masculine energy.

And because I was so in my masculine energy, um, I learned how difficult it is to constantly be in it while wanting to be in your feminine energy and be a woman. The reason I learned about it, the reason I know about it is because I was not about it. So it took me a while to learn.

"You don't give second chances." Uh, you're right. I don't give second chances? You are absolutely right, my friend. You've been through a lot, so that's why you give great advice. I think being through a lot is up to the person that's been through it, and I would say that comparatively to many people, I have been through a lot. I'm... I grew up as a child of immigrants. I came to a new country and speak the language. My family structure is a little bit, you know, everyone's divorced these days, but you know what I mean. I don't have a relationship with my father. Um, just a lot of things in my childhood are very unstable, and that's why I went so head first into learning and stability and finding out who I am. And that's why I'm obsessed with the family unit and creating that. I think that passion for that comes from knowing what it's like not to have it.

Did you have your current attachment style in your current relationship? Um, anxious attachment style in your current relationship? I did. I was just healing from my anxious attachment style with my now current husband. It took me many, many years. Um, to just pivot. I think the key and the whole notion of healing and attachment style is a lot of people think you can be done during a relationship, but actually, it's best to do it during a relationship because you can see the reciprocation of the person who you are changing that behavior with. So when that as that person changes as you change your behavior from anxious to secure, you can see that reaction. You can see their more positive reinforced reaction to how you are changing, and that encourages you to keep going. So when I met my husband, I was definitely anxious, and I traveled towards secure attachment during our relationship.

Your husband has an avoidance style, and you sometimes wish he was more available. He is now a secure attachment. He tended towards avoidant when we met, but because he's quite an insular and self-motivated person, it doesn't come from trying to run away or anything like that, but he is very comfortable in his own company and who he is and what he wants to do. So naturally, when we met, he didn't want to be engulfed, and I didn't want to be abandoned, which are the two fears of the avoidant and the anxious. And as we grew together, we both became secure. I used to want him to be more available, but now, as we've healed, um, not that it was something to heal from, it's just, you know, as we grew up, I'd say I am really happy with the availability that he gives me because he's constantly there for me, and he's very secure in that paradigm.

"People always think that you're not a nice person until they meet you." Yes, baby, this is my constant thing. People think I'm quite mean or whatever until they meet me, and then when they meet me, they think I'm funny and nice and everything.

How do you feel seeing your close friends suffering from men? I'm used to. It hurt me. I used to advise people. I used to try and do ABCDEFG, but the reality is that no relationship is ideal. I think if my friends were to tell you how I... I always like to kind of come from a place of humor about my relationship, so when I'm talking about it, it's almost to make my friends laugh. Um, nothing is perfect.

It can't be, and I think everyone chooses the path that they want to be in, and if you've made a choice to be with a certain partner, then that's the choice you've made, and it's your journey. And I... I don't feel sad about their suffering. I just think it's part of their journey. Everyone, everyone's happy to be around you and your energy, power, and beauty.

I wish, I hope so. I mean, isn't that the aim of the game, to make everyone around you kind of bask in your sunshine?

That people have called you a gold digger before. Do you know what? Men love to call me a gold digger online. Um, it's almost humorous at this point because it couldn't be anything further. Um, if anything, the type of guys I used to go for had no potential. Um, I was very deeply heart-led. And then, you know, I changed my mind and decided I'd rather meet someone with values and all those things. But I think digging for gold is so almost esoteric. Like, what does that even mean? Like, who is his gold? Where is this gold? If anything, I probably have a slight... Um, I'll try to explain this to a friend of mine recently. I have a slight detachment from anything to do with kind of chasing someone for their assets or attributes because I just don't know how it can last. It has to be when your values meet. But men certainly like to call me that online.

You have a few breakdowns, but when you do, you have a strategy to cope with it.

My strategy to cope with breakdowns is gratitude. I am feel so in awe of life and so grateful for life that I just deploy gratitude when I've had breakdowns.

I assume that you were financially secure before meeting your husband. That's a really interesting assumption. Um, I was 24 years old and I'd finished my university at 23. Um, or 22. I was not financially secure. I had a good job, but I spent money on clothes and rent and everything that people do in their early 20s. Not all, some people are very, very good at money management, but I was not financially secure. However, I did work a job with a good salary. Um, so... But I was not financially secure. I was too young in my mind.

You come from money. That's a big assumption. I do not come from money. I come from, um, education. I would say everyone in my family has been educated like engineers or, you know, um, my mom was a mechanical engineer by profession, my father was an electrical engineer, my granddad and my grandma also worked in the same industry. Um, so everyone who is in my family is educated, but I would not say they have money or had money growing up. My mom immigrated to England with me when I was a child, and if anything, she had to work and, like, at least a tea factory and a chicken shop in order to make ends meet. So, I never had any feeling of affluence growing up.

You aren't sure if you want more children but would love to consider out of love for your husband. I would consider out of love for my husband. I would also consider it out of love for the family unit. I like to do things as well if I do them. I'm also understanding of the fact that I'm in my 30s, mid-30s, so if it doesn't happen, it doesn't happen.

If it happens, it happens. Um, I'm still 50/50 on the... on the cause, but um, if it happens, it would be great. If it doesn't, it will be great. I'm happy to have one child. But if it doesn't, if it does or doesn't, I don't mean that it's an action that we're taking. I just mean that if we decide to, great. If we don't decide to, great. I'm grateful for one child, and if we decide to have more, that's fantastic. But you have to be realistic.

Your dream was to find a rich man, and that's why you stayed with your husband. Those are two different questions and statements. Your dream was to find a rich man. My dream is not to find a rich man. My dream, when I met him, wasn't even to find a man, because, again, I like I say, I was 24 and young, but I just wasn't thinking about settling down. But if you had to ask me, do I want a rich man or a poor one, I would say a rich one, because the problems of poverty are very, very hard to deal with, and they can have impacts on your life overall. I grew up, as I said, with my mum making ends meet, and it's not fun and it's not easy. So, would I want my partner to be rich? Sure, it makes life easier. Would I want them to be self-made? Yes, because it makes them hard-working. So, it's all these questions, but it wasn't to find a rich man. And in fact, it was never to find, like, a billionaire or a millionaire, because I... I don't feel connected to those people. I don't know those people in my life, so... It was never even a thing I thought about.

That's why you stayed with your husband. Uh, stayed with my husband? There was never a point where I even thought of leaving. So, um, yeah, I'm not sure what that means.

You have mastered how to act around men because your husband doesn't give you enough love to fulfill you. Um, I have mastered how to act around men because I didn't have men in my life. I didn't have fathers in my life or uncles in my life, and then I just learned a lot from starting to date and realizing that I don't really like... What is the trick? Like, what is... How do you be in your feminine and they be in your masculine and all this stuff? How do you make it work? Um, I just got fascinated with it. I think I also went to drama school where you research a lot into character and how characters develop, and I just found femininity and masculinity really, really fascinating. I find progression in life fascinating. I think if you can master your femininity and know how to talk to men, um, family life is one of the most interesting aspects to me, like how do you cultivate a marriage? I just find it fascinating. And it's not because of my current husband. It's probably to do the second question.

You have Daddy Issues. Absolutely. Me and my Daddy Issues are like that. I don't have them anymore. I know it's a weird thing to say, but I have no attachment to them anymore. But growing up, oh my God, is your Mom, single? If so, does she meet people, or is she happy being on her own? My mom is not single. She has a boyfriend.

You have a healthy and good intimate life, let's put it that way, so that YouTube doesn't flag it.

Because you have defined blue and pink roles in your relationship, yes.

You've experienced everything you now preach.

I have. Everything.

You don't give a care about people's opinion on you, and I love that about you.

I don't care about people's opinion on me. It's my superpower. I think it came from not even knowing what people say when I was a child and being an immigrant, and I didn't even know what people were saying in a different language, so I detached from people's opinions.

You've never had to worry about money. Maybe, um, growing up, when I was young, I had to have cereal without milk, so I worried about money a lot. And then I just thought, you know what, money is my friend. I'm gonna make money. I'm going to be around money. Money is a tool. I like money. Let's have money, you know what I mean? Because not having it, it's not funny.

Where do you want to be in five years? That's more of a question than an assumption, but um, I want to build my business and my family, and I want to be proud of it.

You like spicy food.

I do. I do like spicy food.

You're an extrovert, life of the party.

I act like an extrovert, but I'm an introvert because the difference between an extrovert and an introvert is an extrovert recharges around people, and an introvert recharges alone. And I recharge alone.

How tall are you?

170 centimeters, five foot seven.

What do you think about climate change? Too difficult of a subject for me to start. There could be a whole video, but um, it's more complex than it sounds.

You struggle with your self-esteem.

I used to struggle with my self-esteem. I think it's natural growing up as a teenager to struggle with your self-esteem. If you don't, then you're rare. If you don't, um, I've come out of it. I think a lot of people enjoy their 30s because they don't struggle with their self-esteem anymore. I now struggle with my self-esteem if I act badly towards someone or if I don't perform well. It's based on things that I wish I did differently. While when I was younger, I just struggled because my nose from my side looked long, like stupid. Not stupid, it's real, but it's not what life's about. Let's leave it here.

With is your personality that looks more important to you?

My personality is more important to me now because I realized it's my strength. I used to... I did Miss Universe. I cared about my looks so much. And I'm not the prettiest in the world, nor am I the best personality in the world, but my personality is so mine and it's so cultivated by me, um, that, um, you know, I can stand by it. I don't make my looks my mom did, you know, and, um, but I will say that my looks also is a cultivated thing. I believe it's about self-manufacturing. Like, you can do what you want to do. I believe you can be who you want to be. And I believe that if you have a Mind's Eye of what you want to look like, you can achieve it. Um, and that's

that. But my personality is more important because I've worked on it. Anyway, guys, thanks for joining, and I'll see you this week. Later, 4am. Interesting video.

How to Look Confident Even if You Are Not

Margarita Nazarenko

WOMANHOOD | SELF DEVELOPMENT | LIFESTYLE



Can you guys see well or, some, can you hear that noise? So today, I'm going to... Today I'm going to talk... Um, today I'm going to do a video about confidence and how to be, how to look, how to be confident. Um, sorry, should we try? Should we try again?

Hi, today I'm going to do a video about confidence and how to come across confident. Thank you.

Hi, today I'm going to do a video about how to look confident. How to actually look confident. And that before was the opposite of being confident, obviously. But the reason I wanted to make that is because I was doing all the attributes of what makes you not confident. I'm going to tell you what they are now, and I'm going to first preface it with this: on my last video, I did four steps on how to actually be confident because the internal process of what you do is the most important thing.

How you look was a video offer that I suggested to you. I said we can make a video about how to actually look confident because there's the bodily confidence, and then there's the internal. Everybody said yes, I want to see how to look confident. What should I wear? How should I be? But, baby, baby, love, it's not about what you wear. That's a third video if you want to see that because that's a third layer. There are power clothes, there are cute clothes, there are all kinds of things.

But this is the point of this video: how you act in your body and how you carry yourself is way more important than any makeup, any clothes, anything you've got going on, my love. It's all about self-presentation. And I'm going to tell you the few things as I grab my phone that you need to keep in mind. And the reason I've got it on my phone is because it helps it stay in the head, okay? That's tip number one, by the way, that you need to be comfortable in saying that you don't have it all together. Confidence is being okay with that? Confidence is having that together. That's first of all confidence, okay? So, first thing, number one, is if you noticed when I first sat down, the first thing that denotes confidence in a human being is the ability to hold eye contact. It shows that I'm not trying to hide anything. I see you, we see each other, and I can hold your gaze. If you struggle with that, I completely understand. It's not always easy. But that is the number one thing that will denote confidence in how you look at somebody. Because as soon as they start to turn away, even if I'm speaking in the same way, I guess it looks like a side shot to you now, but if I just glance down and glance away when I'm talking to you and I'm trying to tell you something, there is an unease of movement in there. There's something accepting in a person's eyes. You don't need to stare at them and really drill them down, but have an easy gaze that you make eye contact with someone, and it denotes to them that you're present, you're aware, you're looking at them. And you can tell instantly in someone's eyes that they're a confident person.

If they're standing in a line at the shop, they're trying to buy a coffee, and you ask them a question, and they just turn to you and they look straight at your face, and they say, "Oh, sorry, how can I help you?" and they're looking at you, you can denote that that person's confidence. So that's the number one thing you need to work on.

Number two is you need to have a posture of not straightness, like you're a teacher with a ruler, and that's how you stand and the ruler is down your back. But you see, in the first one, I was rounding my shoulders. That's a protective stance. That's a "don't look at me" stance.

You have to have an ease and fluid movement. If you're a confident person, you have to be able to take up space. If you're confident, you can take up space with your body. You're not afraid to take space up in the room. Confidence generally means that you are okay with being you and you are here and you're in a moment, and you can take up space.

I talk with my hands. That's how I take up space. I'm happy to sit back and relax. I am confident in the presence that I'm having, and that is how you can denote that. So if you're closed off and you're looking away straight away, and look, I'm talking the same, I'm looking away, my shoulders are pressed in, versus, I'm looking at you, my body posture is open. I haven't changed my voice. I'm not doing this. It's like, "Hi guys, welcome to YouTube videos." It's just about having an ease and a grace to you.

You know, if you want to go back to my video before this on how to be confident, those are the actual keys of self-acceptance, of knowing who you are being okay with it, knowing you're going somewhere and knowing to be vulnerable. But watch that video because it's actually quite intricate how you do it. But the ability to just be open in your posture and make eye contact is something that is vital for confidence.

Next is with the use of your hands and your body. People don't like when you hide your hands. It's a human, animal, biological thing. If you hide your hands, do it in front of somebody, they will straight away get more edgy towards you. I don't know if it's a biology that you could be holding something that could be dangerous, like a weapon, and people don't like it. Look, I doubt it, but it is genuinely biological in us.

The best thing to do, I talk with my hands a lot, but if you want to look confident, is don't fidget and don't move around much. Just hold your hands in a place where they will sit like this. If you're a just secular person like me, you can use your hands to move, but notice how I move them when I talk. I'm not there like this, fidgeting and, you know, moving and scratching and pulling at my clothes. As soon as you start all this one, this one, this one, this one, your confidence goes out the window.

Things like that, like that. So either keep your hands still, have stillness in your movements, or use your hands gracefully when you're talking. But if that's not you, don't use your hands. There's so much beauty in stillness. If you can just sit and have a conversation with a person and not fidget, because essentially you are showing that discomfort and it's annoying.

Secondly, slow down your speech. If you want to be a person of confidence and presence, slow down your speech. Concentrate on what you're talking about and don't be worried to take a pause. It's okay to take a pause if you're having a thought. Instead of going, um, and like, thing, uh, just take a pause. Learn to talk with a pause in your language, as opposed to a filler word. You know, like, you know, like, like, a thing, a thing. Or, that's not a confident vocabulary. If you don't know the word, pause, have a think. It's okay to take up space with your language and with your body. That's confidence.

And there are so many different spectrums of confident people. There's that businessman who's walking. There's the relaxed mom playing with her child at the playground. There's that surfer dude who's just so confident in his skills.

But it's just a person who's comfortable and confident in their body, and that's what it is. Some of them are fast-paced, some of them are slower-paced. But these are the things that will make you come across confident even though you're not.

I think there's a level of confidence too, where when you're talking to a person and you know them well, you can reach over and touch them. Confident people often can touch people on the shoulder or they can look at something or look at a bag. Like, I mean, be discerning. If you're a guy watching this, don't touch random people. But what I mean is, like, they have kind of an ease with their body and they're like, "Thanks, friend." You know, they can touch someone on the shoulder. They don't shy away from human contact, and I think that's another way you can show your confidence.

Also, in your posture, keep your chin up. None of this one. Don't do all this. Keep your chin up. Have a calm, quiet confidence. And you know what's most beautiful in confidence in people? Is that they're not trying to be someone else. For example, I think I have quite a monotone voice, and for me to show confidence, I just sit in that voice. And if you look at my comments on all my recent posts, they go, "Wow, your voice is so calming. I love it." Now, if I was to self-diagnose and analyze myself and be like, you know, what, I need to change that, and I really need to be so entertaining, and I need to talk up and down with my voice, I'm showing lack of confidence because it's so unnatural for me. It's obviously unnatural for me. You can see it's unnatural for me, and people will think, "Oh, what's going on here?"

To really sit in who you are is how you act confident. Stop apologizing. What you saw in the first shot when I came in, I was saying, "Oh, can you guys see me? Is it right?" A lot of people on camera, and this is a really good example in life, say, "Hi, guys. Um, oh, is the camera right? Is it a bit crooked? Does the lighting keep changing?" And then they go on to, like, "Oh, I'm sure you can see this blemish on my face." Why are you talking about that? Number one, the person probably didn't even notice it. But number two, and most important, is that nobody cares. Nobody cares about you as much as you think that they care. You need to have some kind of knowledge of the fact that to other people, you are a side character. As harsh as that sounds, but you are. You need to stop apologizing. "Oh, I'm so sorry. Oh, sorry." You're creating an awkward situation. Just be. And if you've done something genuinely worth apologizing for, then apologize. Because if you're apologizing all the time, you're creating a dynamic whereby your apology means nothing.

Also, don't be afraid to smile at people. Confident people can hold a gaze and they can smile when it's like a smiling conversation kind of. You almost hold your palate up so that you have a tone of happiness in your voice. If you're ever recording a voicemail or if you're calling someone, smile while you're doing it. That's a voice technique because people can hear a smile in your voice, even on the phone.

Just one thing, as much as I said how you wear and what you wear doesn't matter, you need to wear what you feel confident in. I used to work in a place when I was much younger in London where a lot of famous people, rich people, celebrities used to come in.

I used to work at the reception in this hotel bar. And, my friend, you can tell when somebody is a celebrity or somebody, even when they're in a tracksuit. And I'm not saying all celebrities are confident, but it could be a business person or somebody. People think you've got to wear some kind of special clothes, some kind of specific clothes, some kind of look, in order to come across confident? No, it's just like this ease of being, walking up straight, sitting down, taking up space. When they used to come to the reception, they'd look me straight in the eye. That is what confidence means.

So, this video is on the back of the first one about how to be confident. I hope this helps. And the next one, if you want, I can tell you how to dress to make people think you're confident, or more so, how to dress to make people think you're powerful. That's a good one. Alright, see you in the next one. Bye!

Oh, guys, uh, quick thing. 77 of you who watch this channel are not subscribed, and that's very, very naughty. That's very, very naughty. So please subscribe. Love you. Thank you.

Men Will Lie About These Things

Margarita Nazarenko

WOMANHOOD | SELF DEVELOPMENT | LIFESTYLE



Hello, gorgeous! This video, despite my recovering from the flu (you can hear it in my voice), we are here, and we're going to tell you some secrets—some secrets about men. Some things that they will not tell you, but I will. I will tell you because why would I keep it from you? I think the list might be four things, five things as they come to me, but I think it's time that I share those things with you.

The first and foremost, number one thing (I think number three is going to be most shocking), but let's go with number one. Is that when you ask your man or when you ask a man who's not just, uh, like your brother (your brother will probably tell you the truth, or maybe your dad), but when you ask your actual romantic interest how you look in something or if you're the prettiest girl in the room (or this is a good one) if he ever found any of your friends attractive, hold the phone, shut down the conversation, hang it up, do what you need. He will lie to you. Men will lie about this because let's be honest, put yourself in his shoes. We all know what us, as women, we are like, and we don't want to hear the real answer to that question of "Does my butt look big in that?" I guess these days it is, "Does my butt look smaller than that?" We want the opposite. We want the big butt now, okay? We want to know that we look the optimum best. We're better than our friends, we're better than all the girls in the room. We look amazing in that dress. At best, the best thing you're going to get out of a guy is, "Do you prefer the green or the red dress? Try them both on." He will tell you the truth.

But on a serious note, and jokes aside, don't ask men these questions. Don't ask men these questions for two reasons. Number one, you're not going to get the truth, and number two (and this is first and foremost and most important), is if you keep underlining your insecurities and my big nose and my fat lip and my weird shoulder and my ear sticking out, he's going to start noticing those things, and I don't know what game you're playing, but I'm playing the game of longevity. Like if I want to be in a relationship with someone, I want them to think of a magical, incredible, exquisite unicorn for a long, long time. So why do we point out the ugliest damn things to the person that we like? Because he might have not thought your ears stick out, but now because you don't like it, he's not gonna like it. And he might have liked sticking out ears, we don't know.

I remember this so intricately well. I used to know a girl who was average. She was a 5 out of ten. I know people like numericals and beauties in the eye of the beholder, but let's just call her a 5 out of 10 average. Me, right? Normal girl. And I knew her when I was like maybe 15 years old, and I remember her walking into a bathroom with me, a bathroom. So we were like, I don't know, somewhere with our friends, and she looked at herself in the mirror. And because I was 15, 14, my brain was like, didn't find this weird. I was just observing her because I was a quieter person. She looks at herself, and she goes, "Oh my God, I look so good today. Oh my God, this sweater or my lipstick or something." She was like complimenting herself. And I clocked her, and I looked at her, and I thought, "Yeah, I guess that sweater is really nice, and it really does suit her."

Fast forward a couple of weeks later, she said something in her comments like, "Well, you know how my hair is like really good texture and really nice? Well, because of that, I did it." She kept dropping these comments and hints about how she's so, so good-looking. I promise you, by the end of the year, by the end of our friendship, I was convinced that this girl was like a straight 10 out of 10, 9 out of 10. Now, I'm not telling you to go in with that attitude and voice out to people how good-looking you are, but the opposite of that has the same effect.

You need to have some kind of conviction in your good assets. You don't need to voice them because that can come across as conceited, but you do need to stop and curb asking people, especially the men that you like, whether you look bad or how you compare to your friends and all that stuff. You're not going to get the truth, and the value of what you look like and all the beautiful things about you is actually going to go down from you keeping voicing this, which is not even true. It might not even be true how you perceive yourself, so just let it go. Don't ask those questions.

That's it, guys. Swiftly, we're going to move on to the sponsor of this video. Again, one of my favorite apps, one of my favorite partners to work with is Blinkus. It basically gives you in 15 minutes what every single book that you want to read is about. The app is for non-fiction. The website, app, is for non-fiction books. They've got over 5,000 titles, and the reason I love it is because I love to know which titles I want to read and delve deeper into. There are so many books out there. For example, I first fell in love with self-help and all that kind of non-fiction literature, from Tony Robbins. Now, the guy's got "Awaken the Giant," he's got this one, he's got that one, he's got the other one. You can cop on Blinkist, and you can find out the basic ideas of the book in the key ideas section. The app is really, really good because it's voice-first. They voice every book perfectly, really well. It's engaging. You can get on with your things, and I love it because I don't have much time. If I was to turn this camera around, you would fall off the seat that you're sitting on because it is bomb bomb has happened here because I've got a whole child and a whole business and a whole life, and everything's happening, okay? And he's just had his birthday, and I've not seen this much wrapping paper in my life, okay? So, I love the app because it really, really, really respects my time, and I like it when things respect my time.

Also, guys, all my followers can get a seven-day free trial and 25% off Blinkist annual premium by using my promo link. Oh, and also, there's a new feature called Blinker Spaces where you can link with one person or several people. It's like a quintessential book club where you can go through all your books, say your opinions, and it's a little social interaction. So, guys, use my promo code, use this QR code, and let's get that non-fiction education together.

Anyway, thanks for sponsoring the Blinkist. You are truly one of my favorites.

The next thing that men will lie to you about... Oh, should I say this one? Second, okay, I'll say this one second. Women in love with our ears and men in love with their eyes. And I don't mean true passionate love as in like, "I've fallen in love with you, and now I'll die for you, and you look like a grizzly bear at this point, and we're both 75 years old." But it is true love, that is true love, and it's true romance. But I'm talking about relationships and longevity, and what my platform is about is to help you live the best life that you can when it comes to interaction, relationships, and self-perception as a woman. And if you're a man listening to this, also welcome to listen because you might be in a relationship with a man, right? So, it also applies. Men love with their eyes, or they get interested with their eyes. So as much as he says he'll love you no matter what and no matter what you look like and no matter this one, that one, the other one, I'm not saying you need to be a certain way, a certain height, a certain dimension, or a certain look. But there is a thing that comes with looking the way you were when you met him. I don't mean young, I don't mean hot, I don't mean like 25 years old. But I mean that there is some attraction in having self-esteem.

A really interesting thing happens when you start to focus on yourself and your feminine energy. If you want to know more about feminine energy, look at my course "20 Feminine Energy Principles" I condensed into a two-hour masterclass. What it means to have feminine energy. Okay, so check that out. But if you can deploy that kind of self-confidence and feminine energy, things fall into place. Suddenly, you know how to wear your hair. Suddenly, your body falls into the right weight frame for you. You might gain a few kilos if you're losing weight, or you might, you know what I mean, lose those kilos if you're trying to lose weight. It will balance out when your self-esteem is right. You want to look after yourself, you want to do your nails, you want to present yourself in a certain way. And as much as men say they'll love you anyway, they might love you, but they get attracted with their eyes. And sadly, or not so sadly, if there isn't a condition (and I'm going to say this like the Auntie that loves you), if there isn't a condition that's really depleting you and you can't help it, I would focus on the attraction in your relationship with how you look because that really, really means a lot to them.

And I've been through things like hyperemesis, that's where you throw up 30 times a day when you're pregnant for nine months. And listen, I did not feel like looking any kind of good, and I didn't. And that's fine. My husband loves me anyway. But, but I do notice when that effort and that relevance is put on the looks aspect, it moves the needle. I don't want to annoy you anymore with that. I know we all want to be loved for who we are, not what we look like. So let's close that subject.

Number three, controversial one. If he is friends with a woman who is not his colleague, who is not his realtor, who's not somebody who he has to meet because he, you know, needs to sell this drink and she is a distributor, that it was either something that happened between them or one of them is holding out that something might. It's very, very rare. And men, feel free to disagree with me in the comments, but I've heard this from men. So, this list does not exist from me deciding it's true. This list exists of things that men lie because either I know and I see they lie all the time, like about the whole thing of friends being attractive, or it's this one. Men generally are friends, okay? Let's put it this way. The female brain is attracted to things because of feeling, emotion, and human capacity. Male brain is attracted to things because of things. Now, that's not exclusive. 90 percentile, it's probably around there, 85 percent true. And sometimes men are feminine, and sometimes women are masculine. But men are interested in things, so usually, they'll be forming friendship groups because of things. The hobby they like, the things they like to do, and all that stuff. So if he's suddenly meeting Amanda for coffee for no reason, and they've got no business dealings, and they've got no hobby in common, let me tell you, um, there's interest in Amanda. That's just what it is. Now, what do you do with that information? What do you do with this information that I believe that men and women can't be friends, as in friends, as in like, "I'm not going to come home one day and say to my husband, 'Oh my God, you know what? I met John at work. He seems like a real nice guy. We're gonna go for dinner, get to know each other.'" I cannot imagine if my husband came home and he was like, "Oh yeah, Jessica's really nice. No, no, she just started working with us, and I think, you know, I think me and her really get on. We should, we should, um, I'm gonna go hang out with her." It's normally in groups, like I would be there also.

But anyway, each to their own. But I would say this, if you are vibing what I'm saying and you believe it to be true (which I know you do because me and you're friends), what should you do if he's now deciding to meet Amanda?

What I always say is, clock things and don't react, don't emote, and don't scream about it. If you have a partner who's putting himself out there to open himself to other women, you need to consider whether you want to be with him in the first place and in the last place or not. If he is doing those kinds of behaviors, there's a part of you that needs to simply understand it and understand what you're going to do with it. You're screaming at him, you nipping it in the bud is only maybe in a nip this situation in the bud. And I always go for clear and concise communication and then decision-making. You saw it, you don't like it, you say, "Listen, I don't believe in this kind of thing. It makes me very uncomfortable, and I don't like it. If you love me or if you like me, you will understand and not do that. But if this is more important to you, you go ahead. But it just might not be for me." When he hears that, if he keeps going on with his behavior, it's up to you to understand whether that's the father of your children and that's the kind of relationship you want.

But I would say, if a man is telling you that is just a friend, a lot of times it's not just a friend. Number four and last one: men will, when they meet you and just in general, inflate things, and women will deflate things like body counts, anything. So when you meet a man and he's telling you he caught the biggest tuna, um, out of anyone in Wyoming ever because that's where he's from, or he built like the Golden Gate Bridge somehow, or he did this one, that one, or the other one, you know, you don't need to cut him down and say he's a liar. But I will say that sometimes when men say things to us that seem ludicrous and hurtful, for example, like, "Oh yeah, I was the one, like, I've been with 275 women," take it as him saying this: you are so attractive to me that I want you to know that by me picking you, you are more attractive than 275 women. What he's trying to do is amplify his value in your eyes because he thinks that those women giving him the tick of approval is going to get the tick of approval in your eyes. Take a lot of his stories with a pinch of salt. If he was the most, uh, intelligent in his class and passes exams, he didn't even have to study, he slept with 1,500 women, and he, um, you know, once wrestled an elephant to death, just understand that's a compliment and he is lying, but he just wants you to know that you're with the number one guy. Uh, don't take it that he is a player and he's been with all these women and all this stuff, just let it slide. If anything, if he was a player and he'd been with all these women, he wouldn't say anything. So, that's that.

Anyway, guys, love you lots like jelly tots. Link is down in the description box, course down in the description box. Please follow and subscribe because I make these videos for you, and that would be nice of you to do.

Send This to Your Man

Margarita Nazarenko

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Today, I'm going to talk to you about three things that you need in a relationship for you to be happy and three things that you need to do for your man for him to be happy. Um, it's got to do with masculine feminine energy. We'll discuss it all, but I will first of all go into what you need for you to be happy so that if you want to send this video to your boyfriend, he only has to watch the first part or your husband, okay?

So, what a woman needs in a long-term relationship to feel fulfilled is the following three things. Number one, she needs to feel safe. As much as we try to swing that cat and we try to say that we can do it all for ourselves, which we can, which is fine, but we're talking about a relationship with two people right now. If you want to be happy, you need to feel from your male partner that if shit hits the fan, he will be there and he'll be able to step up. Even if you have a 50-50 relationship, even if you both work, even if he's smaller than you and you're the one who goes to the gym, there is something in a woman that will feel happy in a long-term relationship if he is willing and able to develop himself to the point where she feels safe with him physically, financially, and emotionally. That means that he will be there for her no matter what, emotionally if she is having an off day, if she's feeling a bit crazy, if she's crazy, like we'll have to say about women, right? That he will be there for her. There is a safety in the fact that even if you guys both work, that if you were not able to because you have children or something happens, that he could look after you. That is one of the most important things to a woman in a relationship.

The second most important thing to women in a relationship is to feel valued. Now, it's different from a man, and I'm going to go into the male ones afterwards, but to feel valued is different than being appreciated because appreciated is for things you do. And sure, we need a myriad of things and we're all different, but to feel valued is intrinsically valued for who you are, valuable upheld. Some people say it in the paradigm worshipped by your partner, that who you are without putting in any effort. So, if he was to compliment you, he wouldn't say, "I love how you could take care of the household. I love how you can take care of our kids. I love that you don't even need me to provide for you." Not valued for things you do, not like that, but valued for who you are. Like, "I see you, I value you. You are my number one priority aside from children and family. What you feel matters." So, safe, valued, and lastly, she needs to feel intimacy with him or connection, whichever word you want to use. A lot of times, when a woman feels safe and she feels valued and everything's going well, she feels like something's missing. What is missing? It's that connection. And when men hear intimacy, they think sex, but that's not what it means. It means that you can connect with him on a personal level, and he's there to hear you, and he will put things down and connect with you. And you'll have personal jokes, and you will have closeness that you don't share with anybody else. He will remember details about you. He will remember small things about you. And you have that kind of thing where you feel very important and very held by him. So, those are the three things that I find women really need to flourish in a relationship, and if one of them is missing, it feels like something's missing.

Now, for men, I found that the number one thing a man needs in a relationship is to have freedom. That means freedom to be himself and freedom to, um, do what he pleases, even if it's perceived freedom. And I don't mean this in a manipulative tactic. I just mean this in a logical sense where it's his choice. He has ownership over the situation. And the thing I often get met with when I give this advice is that, "Yeah, but if I give him freedom, then he drinks or he gambles or he does nothing around the house."

Well, to that, I say, please be mindful and think very carefully about the partner you choose. Because if him being the person you want to be with is a variable on the fact that you are controlling his behavior, that is going to be a very long and difficult life to have. So, if you do not give him freedom, you track where he goes or you guide him daily to do what he needs to do, the dynamic is going to be a hard and broken one. It's going to be one where you are constantly monitoring, constantly molding this person, this square peg into a round hole, rounding his corners. And keep in mind, nobody's going to be ideal or perfect for you. So, I always think that you have to accept inadequacies, which are natural and everybody has them. Trust me, you have them. Mentors don't point them out as much unless they're trying to be abusive. And not put up with huge character flaws and abuse towards yourself. So, you need to put up with, like, if a person's messy or if a person doesn't reply as much. That's just personality traits that people have. You have them too. I have them too. Nobody's perfect, right? But I would say that giving somebody freedom, and especially for a man, that is the number one thing to remain themselves in their mind. You chose them as they are. They won you as themselves. They were good enough for you. So, how is it that now you've got them, you need to remold them and reframe them and remake them and redo them and teach them, almost like a mother, how to live life? That makes no sense to them, and it really kills the masculine energy in them.

Thing number two, they need to feel supported by their partner. Supported meaning not financially, not safe like in the woman's sense, but supported as in if he has a goal or a dream or a desire to fulfill something, that you are not the naysayer in his life, that you are not the block, that you are not the questioner of it all, but a genuine support. Because it takes a lot of strength in order to support someone's dreams and ambitions, and it's a very admirable thing to do for somebody. And often when we say support, it goes with the word submission, but it's not to do with that at all. It's very important to put yourself aside and your questioning aside. And in the same way that I would advise men to really be patient with women when they're going through their day, whether that's their cycle, whether that's having children, they have to be quite stoic in the face of that. I would advise women to be supportive if you've got a good partner of his dreams, desires, and potential. Because if you don't support it, it's very hard for it to flourish.

Thing number three is that they need to feel needed. Needed in terms of, um, very different from like I said, valued. They need to be needed in terms of things that they do. I want you to notice the things that they do and reframe them, almost even if they aren't, as something that they're doing for you because it will amplify them, and it will make them feel like there is a mission, and they are the leader in that mission, which they want to fulfill for you and the family. You really need to see that a person, a man, needs to feel needed by his family, to make sure that he feels that when he comes home and for all the things he does. To really notice them and verbalize that he's needed.

Now, people say, "Well, what do you mean free, but needed?" As in, "I need you, and you are vital, and I see everything you do, and thank you for all the things that you do, but you're free to be yourself. I chose you for who you are, and I know that you're making the right decisions in the long run." And it's a very vulnerable position to find yourself in because I think we find a partner, and the vulnerability that one has to deploy in order to let them be them, especially for women because we are scared of being vulnerable, is difficult. I don't often hear men say, "I wasted the best years on you." I don't often hear men say, "Well, now it's been 10 years because they will gamble," that kind of thing.

I guess because they don't have a biological reproduction time, but for women, they have scarcity mindset when it comes to putting their trust in a partner. But this is the magic trick, if you'll hear me out. If you put your trust in a partner and you don't try and mold them, and you let them know that they're needed and you support them, you will find out sooner rather than later if they're the right person for you.

What ends up happening, um, is we waste a long time with the person who's wrong for us because essentially we're putting our perception of their potential onto them and not actually letting them express themselves for who they are. So, again, safety, security, value, and connection. And of course, men would want that too, but those are the most important. And for a man, the most important. And women want these two, but freedom to be themselves, um, to be needed, and to be, um, and to be supported.

Anyway, guys, please add what you feel that you really need in your relationship. And if you're a man or a woman, in the comments below. My energy is a bit peaceful today. I've had a podcast today already. I, um, have one of my son's daycare colds, so that's fun. And Jake has just messaged me now. So, thanks for watching. I'll be more bushy-tailed on the next one, but I hope this resonated and it helped you reframe something in some kind of way.

I Hunted My Husband Down Because He Could Provide for Me

Margarita Nazarenko

WOMANHOOD | SELF DEVELOPMENT | LIFESTYLE



Hi, babies! We're gonna do assumptions. I think there'll be some spicy ones because I asked them anonymously, and when you ask things anonymously, people talk more honestly or sometimes more aggressively. I thought it was a really interesting subject because I do get a lot of assumptions, so I was like, let's funnel them down and put them into a specific list. I'll do the assumptions from the Anonymous website first, and then I'll go on to my Instagram because those will be more personal. The Instagram will be more personal, and the anonymous will be more spicy. [Applause] Love this cup. Thank you, ma'am. So, let's do this while the baby sleeps in two hours. We've got to study, we've gotta talk to clients, we've got to let's get the show on the road.

You'd leave your husband for a celebrity? Never! Oh my God, can you imagine living this celebrity lifestyle? Like, I cannot. I'm somebody who studied acting and love it and wanted to act. There's got to be something that you're trying to fulfill if you want to be in front of so many people. I'm even speaking about that for myself when I was younger, when I wanted to do that. Being married to somebody like that, it would just be so much pressure. It would just be so many eyes, honey. No, that's why I don't even let my husband get an Instagram.

You and your husband don't have a lot of fun together or aren't silly? Okay, sometimes I actually wonder if we're too silly. Um, my stepdad or my mum's partner said that um, him and I have like our own world. Like, we pretend to be like things, and I know it sounds a bit weird, but look, we have our own vibe. Like, we are so weird. It's actually on another level. I think if you want to have a really good long-term relationship, it's got to be sexual, it's got to be stable, as in like committed, as in you guys both decide on how you're doing it, and it's got to be friendship, and that's a silly part.

You married your husband knowing that he would provide as you hunted him down prior to social media, what would you have done? A very interesting question. I will layer this question. First question is, um, you married your husband knowing he could provide and hunted him down? No, my whole thesis is to not hunt men. I was so not hunting, like deathly to the demise of myself. I was not hunting. I met him after having broken up with my past relationship only a few weeks after. I thought he was awesome at the time. This was 10 years ago. I did not see his career prospects.

He was in an industry where in the UK, you don't make much money at all. It's like a public service industry, so I think that's what it's called. Like, you work your ass off, you work nights, and you don't make much money. So, um, I just thought he was hot. Like, I don't know. And I also saw him and he was broody at a party, not doing all this and that, not talking to girls. And I was like, "Oh, I like him. It's Mr. Darcy vibe, you know?" So I fell for that. If I had to go out with someone now in my 30s, maybe I would have gone for more of a provider role. But I, at the time, wasn't thinking that. Saying that, however, I quickly realized that he was a provider type. He never let me pay for anything, um, always wanted to look after me, which I loved and I really value.

As for prior to social media, what would you have done? Is that a question? Like, do you think I hunted him down on social media? Because no, um, he doesn't have it, and I didn't have it then either. And if you're asking about career-wise, then I would have tried to build my business without social media. Now, social media is an amazing tool where you can, for example, for me, it's women's coaching. I can implement it here. But if it wasn't through that, I would have done it through another source.

I don't know, newspaper advertising. I think you're smart, well-mannered, independent, sexy, classy, confident, and successful. Oh my God, you must know me. This must be a friend who left this community. Um, what else? Did you have a C-section or vaginal birth, and did you breastfeed? If so, what are your tips? I had the best bloody C-section, bloody fun word. C-section in the world. It was the easiest. And best part of my whole journey. I knew I wanted to. I elected to have it. My son was, I always get confused, 10 pounds in kilos. I don't know. He's almost five kilos, which is almost like 10 pounds. He was huge. He was massive, and I was like, "I'm not doing that."

At the time, I had hyperemesis gravidarum, which means you're sick all the time. I had no strength, no power. The whole pregnancy, I was like this depleted skeletal, throwing up Gollum-like, me Smeagol in the corner. Uh, it was... I was like, "No, no, no, no. Somebody do the birth for me. Doctor, you look good. You do it for me."

So, I actually loved it, and I walked the day after. I went to get a coffee. I, because of the anxiety I had with my pregnancy, because of the condition I had, jokes aside. I knew that I wanted to be in capable hands to deliver this child because it was a long time coming, and it was the best decision I made.

Positive C-section story. I have it on my channel. Breastfeeding till seven months. Leo then decided he doesn't want to do it anymore. He was like, "No, thank you." And it was easy for me, comparative to most people, as in like from the stories I hear that it's hard. But it was also hard with the like doing it and then the touch. Like, it's a full-time job. So that's a fact.

Are you still in love with your marriage? I'm under the impression that love fades. Hey, this is, this is the thing. Okay, love does not fade. Love changes, and you've always got to reinvent yourself. I've reinvented my relationship, I would say, like three times. It's been through different moments, and I would say right now, I love my husband the most that I loved him in the middle of the Middle East and at the beginning. I lived in the middle. Maybe I haven't really thought about it, but you can reinvent your relationship because you can reinvent yourself. Do a little Madonna tour, you know, just reinvent yourself consistently, and it's like being with different people, not literally, but you know what I mean.

My husband works often and doesn't sleep in the same room as myself and the baby due to noise. Our intimate life is dead. He said he's overworked and tired. Am I gullible to believe him? You're not gullible to believe him because if you're going to be with a husband, you've got to have some kind of notion that you're going to believe what he says, you know what I mean? You've got to, a part of you's got to be vulnerable enough to say, "I'm going to believe this person" because I chose them to be my primary partner in life, right up until a certain point. So, you just choose to believe him up until a certain point and take the pressure off the situation. So let's say this is happening now, it's December. Choose to believe him for six months.

Say, "Darling, I believe you and you will take care of this," and completely take the pressure off. Because if this is the reality of the situation, then he's overworked and tired. Then you putting the pressure on is not going to add to your marriage. Controversial opinion right now. We have two bedrooms. We're sleeping in the same room, but for a while there, we were sleeping in different rooms. And I loved sleeping in different rooms. I think it's the most amazing thing. It's like dating again. So when you want to sleep together, you've got to be like, "Oh, do you want to come to my room?" I think all the like sleeping processes are easier when there isn't someone near you. If you look into Ayurveda, they even say you take on someone's energy when you sleep next to them in the same bed. And if they've had a hard day, you have a hard day. With a young child in years now, too, before that, I did not want to battle for sleep. It's not happening. And don't let societal pressures with the whole like everyone's got to sleep in the same room and cuddle. Give your relationship space. Because if the rubber band pulls apart, it might come together even closer.

You rarely feel depressed or down. Um, I don't want to say I don't because I don't want to discourage you that I am like some happy subhuman person or superhuman person. But I have such reverence for life that if anything, I probably get anxious with all the things that I want to achieve and do and be the best I can be, as opposed to feeling down and depressed, which is like the opposite spectrum of that. I am Leah Rising. I am not earlier Rising. I am a Cancer Rising. That's why I've got a hard outer shell and I'm very soft on the inside, and I'm all about my family. But yeah, you smell rich. And another comment I got was, "You never smell bad." You guys, you think about my smell a lot. Don't you smell like every other person? But yeah, I smell rich. Let's just say I smell rich.

Um, this comment was interesting. I wasn't going to address it because I had a couple of hate comments about my child, which if you know me, you know you wouldn't say to my face. Um, but this one is interesting. This one's actually a conversation piece with mums. You let your son watch TV and tablet, even in the car because you're lazy and you just want to post on social media all day. This conversation piece is more broad and interesting. I think when you watch people who create content online or talk to you, you've got to understand that you're watching a five-minute snippet of their day. If you look at stories on the top of the thing, it's only like two minutes, one minute, one second, you know what I mean? And all of it makes up like maybe five minutes of watching for you, but that's five minutes of someone's day. So I will absolutely say that I don't think kids should, in an ideal world, watch tablets and TVs, maybe before the age of three. That's what science has shown, right? But I also understand that modern womanhood and modern motherhood means that you are not in the village that you're meant to be in to raise your children. You're not with the grandma here, with the auntie here, with your sister here. The kid goes to everybody.

They did some kind of um research study on child raising and different um tribes, and they found that the parents of the baby only held the baby up to one hour a day, and the mother, well, she breastfed. But the rest of the time, this baby was passed around to all the whole community. So they don't have that overwhelm. Modern parenting means one woman with her two children in the house behind. She's provided for, but she's completely going mental in her head.

So, the world is a curious and big place, and TV is not ideal. But nor is the diet we eat, nor is the junk food, nor is the rhythm, nor is the nine to five, nor is, you know, disrespect to minorities, nor is some of the politics. And how far should we go? Should we talk about wars? And let's bring it back down now to the children. I agree, I think if I was to do better for Leo, I would let him watch TV less. But at the same time, if I was to be doing better for myself, to be fully happy and okay, I would still be doing my work. So in the five minutes you see me doing it when I'm on my phone, Leo's on his phone so far he could watch his shirt, right? So it will look like that. And I want you to keep that in mind for a lot of creators you see out there as well, that it's not their reality. And some of the ones you see that you think, "Wow, they're amazing," might not be, you know what I mean? Don't buy this um content reality idea, it's just not real. I don't want you to be, you know, deceived.

It's hard for you to be maternal, you're more logical and less feeling. Actually, you know what? I would think so, but it's the opposite. I am, um, naturally not maternal at all. You're right, but I am maternal to my child beyond possibility. Like, let's say if, like, a bear was maternal, you know, like a mother bear. And I am more feeling to the point where my husband's like, "Can you just, like, say no to him?" And I'm like, "But he feels sad." So I actually need to be more logical in the child-rearing process.

You don't believe in God. I do believe in God. I've come to the conclusion that I do believe in God. Um, I think you were hurt in a past relationship. So hard to learn to be better for yourself. 100, 100. I probably was hurt because in my first relationship with my father, he's not around in my life. So I spent my whole life like that. And um, was with men who probably emulated the feeling I had because that's what attachment is. And had to be learned to be better for myself. Because otherwise, how can you go on? What's the point of living if you're reacting, reenacting your past?

Where are you from? I live in Australia, I was raised in London. It's raised in London, and um, so that's the most formative part of my personality, I guess. And I was born in Russia, and my parents are partly from the border of Finland, partly Ukrainian, and partly Russian. Um, okay, let's head over to Instagram to talk with people who I think know me more, and they have kind of left comments in an open setting, so it'd be kind of a different vibe.

The assumption: you hustled for money, had a kid, life is crazy. Yeah, basically. Yeah, it's not wrong. Um, not an assumption, but did you ever come across human design? Yes, I did. I'm a projector. You're an ice queen. I see. Yes, I am. I see, in terms of like the Cancer Rising that I am, I am completely also for the people I love. I'm also a Pisces Moon, but um, I am icy if you know a part of my life or you hurt someone that I love, yeah, very much so.

You don't want another baby. You've got one, trying to decide if you want another one. I do want another one, as in like a sibling. I love the idea, but in practice of when I can take time out to have my high premises grab a dharam again and be on my IVs, maybe it won't happen. Let's hope for a miracle. But um, I'm 50/50. I'm 50/50.

I cannot imagine you were anxiously attached to my hero baby. You cannot imagine to the extent that I was anxiously attached, um, just from growing up, moving countries when I was very young, you know, the parents, like mad, you can shift it. I still need to know what happened to this look to the steak. Um, look at this, I don't know if you can see it, look at all those scarrings, bloody making steak for my husband, and all spat in my face.

Um, you hated living in the UK. I didn't, I loved London so much, and my husband had to work, but I do hard to get me to move. It was like an epic um decision for me, but I did it. Like I was younger adventurous, let's do it, and I did it.

Anyway, guys, thanks for chatting with me on this one. Leave your comments, maybe a comment will come up that I'll make a video about, um, like a conversation piece, because I really enjoyed talking to you. You guys are smart, beautiful, interesting people. Love you lots like jelly tots. See you on the next one.

Heartbreak

Margarita Nazarenko

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Hi baby, I'm gonna talk about heartbreak. Heartbreak, oh, it's a big one. In other news, we crossed a hundred thousand subscribers. Thank you for everybody who subscribed. I see you, I appreciate you. It means so much. And yeah, there's nothing more to say but thank you.

On the subject of heartbreak, it's such a complicated and human experience that it takes finesse, intricacy, and elegance to talk about. But the reason I want to broach the subject is because I believe that there are a few things in my understanding about the experience of grief and heartbreak that might help you through it or might just help you talk about it.

Because quintessentially, when you're heartbroken, the thing you need is just to come to terms with the fact that what you were going through is done and that there is life on the other side. And I think there are levels of heartbreak. Ironically, some of the worst is when you are in your late teens, early twenties, and you have broken up with the partner that you thought you were going to be with.

And it's an interesting thing when I get letters from you guys and you talk about a boyfriend that you're with, and I see in your profile or where you've written to me that you are 21, and I think about the rarity of the fact that you would still be with that partner later on, and I know that there's going to be an inevitable heartbreak.

And it's this thing that we must all traverse through, just the heartbreak of life. Even if it's not going to be a relationship that simply ends, you will have your heart broken in this lifetime, and that is something so confronting and so breathtakingly difficult to comprehend. But unless you are somebody who's so deeply alone and has nobody around them, that you cannot have your heart broken because you are quintessentially alone, and you will never experience the loss of anyone.

But you might as well say that you're heartbroken all the time because you are alone and you don't have that connection. We will all inevitably, if we're lucky, see old age. We will see our friends pass. If we are lucky again to live through that, we might get a terminal illness. One in four. That means someone around you or you. Anyway, this video is a bit doom and gloom, isn't it? The point I'm trying to make is that even if you have the most successful relationship in your life and you never feel the heartbreak of a romantic breakup, you will feel the heartbreak of life, loss, mortality, life moving the way it does. It's not easy.

But I suppose in the essence of a romantic heartbreak, which I suppose is the reason that you might be watching this video, it's important to distinguish it from the heartbreak of life. Because when you lose somebody in this life or when you're heartbroken because your dreams didn't come to fruition, and that is a serious heartbreak where you realize that everything that you've been moving towards might not happen, no matter how much we read those books that you know, if you just persevere, it will happen.

I suppose the books don't get written about the people who kept going but never made it. That is a heartbreak too, and that is real and that is poignant. But I think if you are heartbroken from the fact that you have your unrequited love, that maybe you're 20 and you like somebody who doesn't like you back or they're ghosting you and they're not replying to you and they don't see you when you see them so much, you need to understand a couple of things.

That in the modern world, it's very unnatural to constantly see somebody online living their life. In our human brain, we almost need to imagine that that person has disappeared off the face of this planet. That when our relationship with them is finished, it's finished in the eventuality of life also. But we can now access the fact that that person lives, does everything. We can even see who the person is that they're dating next, and that never used to exist. I remember that also.

The feeling of heartbreak is maybe a paradigm that's been broken in your mind. So if you thought you were going to be with a specific person for your life, you're not only losing that specific person, you're losing the reality of what you thought your life was going to be. Losing someone and being heartbroken in your early twenties is saying that what you thought your life is going to be, it's not going to be that. But there's hope on the other side of that because it's very different to lose someone in a conclusion whereby an older parent dies, and that's it, and you've got to let them go.

And there's a difference in losing somebody that is, you're in your 20s, you didn't match up, they didn't want to be with you, and now you're heartbroken because there's light at the end of that. And I suppose the biggest light and the biggest takeaway is the fact that you are able to love. As ridiculous and ironic as that sounds, is you are able to find people who you love. You are able to feel the feeling of being so deeply human and experience the feeling of loss, and experience the feeling of your future not coming to fruition and how you imagined it to be. You're able to experience a feeling of rejection and all those things.

And I suppose the quickest way through it is through it, not over and around it. A lot of advice is, make yourself busy, make yourself get a hobby, do everything you want to do. But truly, the best thing you can do is feel the pain and all this intensity and walk straight through it, straight through the eye of the storm, and come out on the other side, understanding that it's not you, it's not strange, it's not bad, it's just the human experience. And you might have had a paradigm shift of what it is to be human.

When I was 23 years old, I was with a boyfriend for three years who ended up cheating on me, and it broke my brain. Because not only was I heartbroken because I had to move out of the... I don't know why I have to talk with this thing, but it's just, you know, something to fit it with. Not only did I have to move out of the apartment that I lived in, and everything in my life shifted so dramatically and quickly, but more so, the future life that I projected myself to have was not going to happen. More so, and this was the biggest part of the heartbreak, was that I understood that people can look you in the eye, keep in mind this is 10 years ago, people can look you in the eye, promise you everything, to your human eye that is perceivably real, and lie.

It was almost the heartbreak of understanding the reality of human beings and what it is to be a person on this Earth. Because until that point, even though my life was not easy, I come from an immigrant family, I don't see my family because I moved to a different country when I'm very young, things are not easy, so I don't come from a mollycoddled kind of fluffy childhood. But I did come from... My innocence was lost in that moment when it comes to somebody looking at you in the eye and lying. It wasn't a feeling of, "Oh no, I got cheated on, and therefore, you know, men are trash." I've never felt that. I feel each human being is individual. But I learned a lesson in that moment, that people are, at their essence, not always who they say they are.

And that was such a shift. And I want you to implore the fact that, are you heartbroken or did your idea of something that you thought was going to happen or something that is a reality in life shift. because sometimes a heartbreak is a gift, in terms of the fact that not in the terms of grief when you lose a loved one, and that's the finality of that, the end of that. But more so, when you're in your early twenties, in the heartbreak as a result of a shift in your mind, it made me wiser. It made me look into people more. It made me not believe everything that people say but watch their actions more. Because actions do represent who a person truly is. If you want to know who someone is, watch that action. It's not what they say. You almost need to put them on mute and watch them like a movie, as opposed to hearing what they're saying, in order to see what that person is about and where they're coming from.

And sometimes heartbreaks serve you as a redirector. You know that meme where Jesus is holding a big teddy bear behind his back, and he's asking a little girl to give him a small teddy bear because he's got something better for her? And it's so hard to understand, even in that meme. Maybe she likes a small bear, dammit. Maybe she wants a small bear, not the big one. But the reality is, sometimes when we manifest something in life, if you believe in manifestation, if you want to, let's say, if you've come here and your soul wants to manifest real love, you first need to understand what real love isn't. So, manifestation and a soul experience doesn't work on the level whereby I want to feel love, you're born, all you feel is love forever and ever and ever. If you want to feel love, you need to understand what the opposite of love is.

So, you might manifest things in your life like heartbreak, like not having it, to truly understand it. You see those people, right, who never lived in poverty or people who never had a struggle or people who never had to, I don't know, even be unattractive. They've always been just very pretty. They don't know what the opposite of that means or what the opposite of that feels. But maybe that's not their sole purpose. Maybe that's not the manifestation of who they are in this life, to experience the opposite of that. Because to want to experience freedom, you know, when you need to know what it is to be trapped. To experience true love, you need to know what it feels like to be betrayed and maybe not loved or something like that.

And I'm not saying that's the reason, but if you are young and you're heartbroken, know that sometimes the experience is there to show you the opposite of what it is that you need and what you want, because you will learn to recognize it. You will learn it. And the biggest gift in life is lessons. So, if you are heartbroken, understand, is it a grief heartbreak whereby you've lost someone and that is it? And even in those terms, that is the price, I guess we pay for being human. That is the price one pays for this. It's like when you go to the cinema and you watch a war movie or you watch something where the children get kidnapped and missing, why do you go and watch that? Why do you go and watch something that's going to wrench your soul? I guess for the human experience because we could all go and watch Care Bears, and that's all we could watch, right? But the human experience wants the darkness in order to see the light.

So, if you've gone through genuine heartbreak of loss or a life that you didn't feel that you should have lived, there is an exhale to it where you go, you know what, this is just the price of being human. However, if you're young and somebody's ghosting you, didn't reply to you, didn't want you, then also know that you're on the path of finding who you truly are.

And it's not necessarily about being distracted, moving on, yes, girl, hot girl summer, single girl, no. It's knowing that it's okay to be heartbroken, and the faster you walk through it is the faster you'll make it to the other side. And as long as you're feeling heartbroken, you're probably human because feeling numb is not where you want. It's harder to deal with feeling numb and in pain.

And also, understand that if someone broke your heart and you are young, that you probably won't even remember that person vividly. I don't remember the guy who broke my heart in my 20s. I don't remember much, as ridiculous as that sounds. I found my husband because I know what I didn't want. And the biggest thing I'm grateful for, and this might encourage you if someone broke your heart, is that he cheated on me at that time, you know why? Because I made the decision to move to a different country. I moved abroad, again made myself an immigrant. My whole life, I met my husband four months later. If he hadn't cheated on me, I wouldn't have walked away. And people like us, people who work hard on things, people who cannot perceive that something's not going to go right, that will just work on it, sometimes we need a shock in order to move on. Sometimes we need someone to ghost, sometimes we need a heartbreak in order to put a conclusion in things. Otherwise, we'll be working on the wrong damn thing forever.

So, what's the takeaway? Heartbreak is the human experience. Sometimes it's the manifestation of what it is you want to learn. And if you're young, know that that is leading you to where you want to be and away from what you don't want. And it's not about distraction, it's about feeling the pain and walking through it anyway because your life is not something you can predict. And there's something so different and so magical around the corner.

So, thank you for watching. Love you lots of jelly tots, and I'll see you on the next one. In the comments, for me, please write the subject of what you want to talk about in the next video.

Feminine Energy Isn't Always What You Think It is

Margarita Nazarenko

WOMANHOOD | SELF DEVELOPMENT | LIFESTYLE



With Mother's Day around the corner, the subject of motherhood has come up at the forefront of my mind, as if it hasn't come up at the forefront of my mind every day for three years now. My child is almost three. I get many questions about how to sustain feminine energy, a lightness in spirit. I mean all these things that I talk about when you are literally downtrodden. What is a good word without making it seem dramatic, but when you are drowning in obligations of motherhood, domestic life, and what it means to run a home after you've got married? Basically, what happens to Cinderella after she goes towards the castle with her prince?

I think the biggest misconception that I need to squash is that femininity and being in the feminine is this soft life, luxurious, a lean-back, receive, have everything done for me. Because there is a difference between the roles of feminine energy and masculine energy and roles of womanhood and manhood. The simplest way to put it is women pay the biggest toll of reproduction. That is what makes a woman different from a man, however you swing that cat. That is the toll you're going to pay as a woman. You are going to pay a heavy-duty tax on having children with your body, with everything you do. I cannot implore that to you more. You can make it airy, light, and fluffy, and there is something to be said about that.

The reason that people who are the same age age at different speeds, and I guess this is the point of the video, is because of their cellular structure, and the cells in their body shrink at a certain rate. So, someone who's 35 looks completely different to another 35-year-old, aside from Botox, let's just remove that, and plastic surgery. And the reason for their different looks is their outlook on life. This is what research has shown. So, a lot of times people will physically age faster after they've had young children because the amount of stress, also hard jobs, all these things will lead you to age faster within those few years. Things like the pandemic that just happened because of stress. How do people who maintain their youth and playfulness and feminine energy? How are they able to sustain it? And the biggest takeaway is they're able to sustain it by having a light outlook. They might have the same amount of stresses in their life. Jane and Jill might have the same amount of stresses, but the way they react to it and the way they see it is different.

I am learning, and it's hard for me to be in the moment with a child. I have never been on the receiving end of a life lesson to this degree ever. I am a very cerebral person. I'm often in my head. I enjoy a conversation. That is the basis of my core or personality. And having had a child, I am dedicated. I am present. I put my child first. But the amount of attention and calm connection you need is the big test for me. It's not the nappies, it's not the feeding and all these things, and not sleeping that people talk about. Sure, that's hard, but you have some kind of capacity to understand the hardship of that because you've, you know, lived your life. You understand what it's like to wake up early and all those things.

But it's very hard to be completely present with a small person. And I think what true feminine energy in the role of motherhood means is stepping into that role for five years from zero to five, and even through pregnancy, and having a level of acceptance that this is your journey and this is your task at present. This is your, you know, people say they self-realize at work or they write a book or they do something to the card me or they do something to self-realize, right? But there is a role in womanhood and motherhood where you also self-realize through that role. There is so much room for expansion and growth that is, that you cannot even pay for.

Talking of Mother's Day and women, my mom gave me this mug that's supposed to be me, that's supposed to be my mum, which brings me on to the sponsor of this video. This video is sponsored by Mejuri, an incredible jewelry brand which has exactly what I've been searching for. I've been on the search for a single mini diamond floating necklace like this one since my mom was here in January. I wanted to gift it to her. I wanted one, I think it's the most elegant-looking thing in the entire world, especially on the chain that it comes on. And with Mother's Day around the corner, I gifted myself these, and I'm going to give them to my mom and any woman who I think is just kicking ass because the price point of these is chef's kiss. When you're looking for a solitary diamond to be hanging on your neck like an ethereal little beautiful piece, you're looking at, I don't know, three thousand and up, and this one is solid gold, 14 karat. Furthermore, this small necklace I found in there as well with an M for Mama or Margarita in my case. I also got an L for Leo. I might wear an L and an M, diamonds, beautiful. This brand has really taken my breath away. I'm gonna put some codes in the description box below. If I can get you guys a discount, I'll put it down there. It is the perfect Mother's Day gift or even if you're watching this day after Mother's Day, it is the perfect gift for a woman in your life or even for yourself if you have young children. Trust me, I've kind of fallen off the bandwagon of handbags. That used to be my jam and clothes, and it is about jewelry because it's about taking that small moment to say, "I am still a beautiful girl in here despite me changing diapers and all this stuff. I am still adorning myself with beautiful pieces." And another piece I found, these bold Huggies. Huggies are the thing for me because, you know why? Because when they're not studs, you can just sleep on them and not take them off, and that's what I need in my life. I also got a single diamond bracelet because why not match them? I think this all looks so beautiful, effortless, elegant. I can take my son to school, I can go on a date if someone wants to take me, I can do all those things. I'll put these specific jewelries in the description box below, and check out their website. It's my new find. I really, really love it. High quality, stunning.

Happy Mother's Day to anyone who's a mother. It's Mother's Day in Australia. Getting back to the subject, how to maintain being in your feminine energy when you approach the messy, chaotic, and untethered role of early motherhood. And the true essence is twofold. Number one, you must accept that sometimes the role of womanhood that is given upon you is hard, arduous, and must be walked through like the metaphoric fire in order to scold you into and mold you into the Phoenix that you are gonna rise out to be. And you have an opportunity in this lifetime to do it because you were not born male, you were born a woman, and you decided to have children. So, you've got this opportunity to become something other than what you were, and you need to accept that it's going to be hard. But at the same time, you need to accept that it's going to mold you into something completely different, a different being, a caterpillar that becomes a butterfly, so on and so forth. And a part of the gift of your biology is that you are able to do it. And every hardship, trust me, there's a video on my channel here when I talk about suffering with hyperemesis gravidarum, which is not being able to eat or drink during pregnancy, and pregnancy for me is a hard basket, so I'm not coming from a place of "oh, just so lucky to, you know, be a mum." But I'm coming from a place where if this is the role that you've chosen, there is something to be learned in everything. And this is by far one of the biggest and fastest acceleration courses in life. And this is what you've chosen, so this is what we're going to do. So, it's not going to be easy, but it's going to be incredible.

And the second part of it, when it comes to the feminine energy part and not so much the womanhood and biology, is that feminine energy is not just about softness, seething, and reclining. Feminine energy is also about flow. And I cannot tell you how much I've had to learn about being in the flow, being in the moment, and being receptive that I've had to do from motherhood. Deploy the feminine energy parts of you that aren't about face masks and self-discovery, but that are about letting go, not planning, being in the moment.

And if you're struggling with the fact that you've had to step down from your career (I'll address the people who have to work at the same time in a second), but if you've had to step down from your career and you feel like you're not self-actualizing and self-realizing because you're doing this and your task is not seen and it's thankless, and that you wish that you could be rewarded monetarily like you are at work, understand that this is a system and they have tricks you to think that what you're doing isn't worth it when it's the most worthy thing in the entire world.

You are doing a task that is irreplaceable. Think about how much you struggle in life with, "Oh, you know, my mum said this," or "This didn't happen for me in my childhood," or your self-esteem or something. It's not because of someone at work. It's because of your childhood. You have the opportunity to mold someone's childhood into something incredible because you matter and this matters, and it is a huge point of self-realization. It's like when monks go off in the mountains and they come back different. Not exactly like that, but you know what I mean. It's a rite of passage, and there needs to be some acceptance and flow to it.

So, you might be tired and you might be crazy with your hair in a bun or whatever it is the stereotypes are, which, by the way, you don't have to be. You can be glorious and polished. You can be anything you have energy for and want it to be. But embrace it as something that is worth it and worthy and incredible. And do not ever say to anyone, "I'm just a mum." If you say that, I will personally fly there and slap you because there is no such thing as "just a mum." Nobody ever says, "I'm just an IT consultant." You're not just a mum. You're a mum, and it's a big job, and it's an important one.

So, my piece of advice that I want to give you is: It might feel messy, it might feel like chaos, but you're gonna come out powerful being afterwards, and you will have connected with your femininity in a way that you would not have been able to without this experience. And for women who don't have children and don't wish to, you can connect with this experience in other ways. It's about nurture and connection and flow and being in the moment with something, and there are ways to do that outside of children, animals, other people's children, causes. We women know where we get that energy from, so it's up to you to find it. I conclude on the women that have to work in the early days of their children being young and their family depending on it. If there is a man in your life, my belief is that he should take the financial responsibility, even if you're not living in the most luxurious way in the first few years of a child, because your job as a mother is way bigger than anything that I could be contributing. But that's just my belief.

If, however, you cannot do that because you are not with your partner, then know that you can do an incredible job and that sometimes you will have to deploy masculine energy in order to get through this. I was raised by a single mother. She was raised by a single mother.

I am very versed in what it means. You cannot be simply in your feminine energy as a single mum, but there's nothing wrong with that. Masculine energy is my predominant energy as a person, hence my, I guess, interest and obsession with feminine energy because I realized it was so deeply lacking. But if you are a single mom, then you need to find moments of both masculine energy and feminine energy and flow. It's not going to be easy, but it's going to be worth it. And you need to not cut off the possibility of future incredible human beings and men coming into your life because the only person you'll be punishing is yourself and letting your ex, who it didn't work out with, win. You are incredible.

And by the way, the idea that you are less worth something with children is ludicrous to me. I think because I come from a culture where everyone had children. I had children in my 30s, but everyone had kids at 19, 20, 21 when I was born. All my mom's friends had kids at that age. And as we know, marriages don't always work out with people around that age when they get married very young, university, they break up. So, I knew a lot of single moms with children. I grew up there. There wasn't a cult around "Mumsy" motherhood. Motherhood was integrated with sensuality, sexuality, as weird as that sounds of me saying that. But as in, the woman was not separated from her beingness of a woman and motherhood. So, it was never ingrained in my mind that by becoming a mother, you are now detached from your sexuality and sensuality because it's just not what I saw.

Everyone had a child in their 20s when I was a child growing up. I was six years old. All my mom's friends were 26 years old, let's just say as a rough bracket. And all of them either were married or dating other people, and they were glamorous women who were both sensual and mothers. So, that was never separated for me. In the Western culture, it's more like girlhood, then you fall off and then you put a mum bun in and mum jeans, and then you go off to be a mum. And it's kind of comforting to do that, I guess. A part of me wants to say, because, ah, it's kind of nice to wear my bun and not care. Do not divorce from your feminine. Power your femininity, your seductive nature. You still have all that, even though you're a mom and you're single. You have it in hordes, and trust me, men want you. They will want you. Just never approach life from a position of begging someone or being apologetic. And the biggest piece of advice is, do not be apologetic for having children. Your child is like your limb. You can't apologize for your arm. You need someone in your life as steadfast and respectful that will respect those children. And trust me, if you do not care, men do not care. And it's the type of man you find. Sure, if it's a man looking for his first marriage and to have children with a wife outside of college, great. That's not the man for you. But there are many men who have been through their own marriages and are looking for something else.

My point being, feminine energy in motherhood is about being in the flow, being strong, being present, knowing that you're going through a journey, finding your sensuality and sexuality again. And if you are a woman who is married, it's about being happy and not just good. Just delegate carelessly, quickly, and ruthlessly. Because you are not going to win by working yourself to the bone and into the ground. That's not going to make your family happy.

The center of your family is you, and you power them with your energy and your happiness and how you show up in this world. So when something happens and you are tired and you're overworking again, and then you're biting his head off and you're ripping his head off because you are overworked and overtired, come back and say, "I would rather be happy than good. I don't need to be a good wife in these young years. I would rather be happy." Take all the breaks you need. Just indulge in this slow life, not soft life. Be present. Learn what your child is. And it's not easy work, but it's so worth it.

See you on the next one. Bye.

7 Reasons He is Not Proposing

Margarita Nazarenko

WOMANHOOD | SELF DEVELOPMENT | LIFESTYLE



Hi baby, I'm gonna give you seven reasons why you want to get married, why he is not proposing. There are several reasons, several ideas of why this might happen. I'm gonna go from the most obvious to the least obvious. So watch the video, see if this applies to you. I hope it helps. Women have this issue often, and it's something that you need to work on and self-improve and get through this chapter of your life because things are not just going to shift.

Reason number one is you're obsessed with marriage. Your apps, your dating profiles, everything about you is functional and built towards and facilitative of this idea that you want to get married. On a date, you expect him to profess his want to get married and how much he wants to get married to you. You want to have the marriage conversation on the first date. Your apps say, "Not here for hookups." And we forget that men are human beings. They have emotions. They want to feel that they're not facilitators of some kind of marriage that you would be happily having with anybody, but are actually human beings that you fell in love with. It's like the equivalent of a man finding you for the purpose of you bearing his children, looking for a child bearer. Like, it's just not the way. And a lot of people wear it like this badge of an inspector, Inspector Gadget looking to get married, and it's just not the way.

The second reason is you're his unofficial wife. You live together. You've been living together since uni, since college, whatever time you're going to make together. You didn't communicate how much this means to you. You don't want to bring it up. You say it as a joke, but he basically has all the wife functions in you already. By "wife functions," I mean you support him throughout his life, you do things for him, you are there for him emotionally and all those things. You guys are basically playing out marriage already, but you want to get married, and he is not doing that, and a partnership like that just does not suit you. And you're wanting to move forward, but he's basically already got a wife. There is no reason for why he should propose to you and move forward with it because literally, what are the benefits? He's not... He does not see benefits from it. He's already got the wife that lives with him. There is really no difference for him if he gets married to you or not. So, the thing with this is a straightforward conversation. You make your intentions and feelings clear. You say, "I'm aware that I already do these things, but for me to move forward in the future, and I know you care about me and my happiness, I'd like you to start thinking about this in the next year or so." And when you make it serious enough and you make your intentions clear and you attach your real emotions to it, you will hear his response. And if it's, unfortunately, the fact that he never wanted to get married, then that's something that you have to deal with. But you can't expect them to change until you state those facts and stop functioning as his wife.

The third reason is that you are, unfortunate word, but a placeholder. Quite nice to live with a woman, especially if you get along and your friends and everything is fantastic. You might not be as ideal, you might not be his idea of an exact wife that he would like to have, but he is comfortable with you and feels no reason to leave. So, um, he's cohabiting with you. He doesn't have to really go out of his way, go out somewhere, find a girl to sleep with. It's always at his disposal. Maybe you're cooking for him, maybe you're doing all the things for him, but he never intended to marry you anyway. And when he finds someone else or when you guys eventually break up, this is the reason why sometimes guys say they don't owe marriage for 10 years with one girl and marry the next girl in six months.

And the reality of cohabiting and what people will say is that, "I just want to experience what it's like to live. We've got to see what it's like to live with each other. We need to suss each other out." But the reality of the feminine and feminine energy is that if you've lived with already seven men who you've not suited, who have not proposed, because in our society the man proposes, and yes, sure, you can propose, but a lot of women who write to me want the man to propose. So, we're talking about that in that paradigm and in that setting. You want him to propose. So, if you've lived with five men and they all have not proposed, that's going to affect you. It's going to affect how you feel about yourself. There is no reason to live with these people waiting for them to make up their mind. They can see what you're like. We talk about being an independent woman, yet we live with all these men like we depend on them. Why not? If you want to get married, and not everybody should, but if you do, you don't have to, you know, give out testers to people. You don't have to live with people. You can get on with your own life, live your own life, and when you meet that person who actually wants those things, you can move in with them. You don't need to move in with people expecting them to like the advertisement and then propose.

The fourth reason is that you weren't... You didn't choose the right guy. You are with a guy who never really wanted marriage. You ignored it. Your values don't align. You've got him somewhere from some kind of, I don't know, scenario where you focused on the fact that he's tall and good-looking and maybe makes money, and failed to actually have a look at the fact of who he is, his values, and long-term plans. You've ignored them, and now it is crunch time. Push has come to shove, and the crux has arrived whereby you have to decide what to do. There's nothing you can do. You cannot change a person. You have to accept people for who they are. And he was not marriage material. Maybe he is somebody who's got completely different priorities. Maybe he doesn't believe in it. There is nothing you can do about that. And my advice is that when you're looking to get married or build a life with someone, which is essentially a marriage, is like a business partnership, right? When you're looking to build that with somebody because you love them, you have to ask about their values first. You don't just get in a long-term relationship with them and then hope for marriage. So, you could have picked the wrong guy in the first place. Now, don't go into on a first date, don't write it on your dating profiles, but when you're dating someone, you've really got to understand their values and ask them the right questions. Just ask them what they think about people in the media or people who are married or how they view it. Don't sit someone down like a job interview on the first date and ask them, "Do you want to marry me?" Because, not about you, but you definitely need, and you say that your aims and hopes are eventually to be married, not to them, just in general.

Reason number five is that he is already married. Statistically, only two percent of men leave their current wives and marry, um, the woman that they're seeing on the side. Um, it does happen sometimes. People marry young or for a reason that they didn't compute, and they don't have the right person, and sometimes they'll have an affair and maybe it will work out to be a beautiful marriage afterwards. But you've got to look at the quality of the person and the quality of the situation. Only two percent, statistically speaking, will leave. So, if you're in a five-year relationship with a man who's already married, you've got to factor in that statistic and be realistic about it. It might be painful, it might be unpleasant, but you've got to realize that if you want marriage, that might not be the man for you.

Most of them will stay, not because they're so in love with their situation, but because they just do. Men are more comfortable to stay than to make waves and leave. You've really got to take that into consideration. And if you're happy just to have a romance with him, I'd think twice. Most women will eventually, when giving so much energy to a man and caring about him and being around him, take him as a part of her world and as her own. It's going to be a lot of strife and a lot of struggle for you in the long run.

Reason number six is you're living together. You're living in a fast-paced metropolitan life where you don't have time for yourself and others, um, and you have completely let go of your looks. As much as we hate to say it, um, men are attracted, as you know, first of all visually, and they remain attracted in this mysterious way to a woman who presents herself in the way that they met her. Now, a lot of girls are going to comment that all my boyfriend says he likes me without makeup, and I'm not talking about makeup. I'm talking about being put together in a feminine way, in the way that when you guys met, you might have seen you as people who could have children. I've been there, I've gone through COVID and the whole, you know, baby situation. At the same time, I want to be in my gray bathrobe, let me tell you, I want to be in my gray bathrobe so much you cannot even imagine. But you've got to understand that if you're on the precipice of somebody proposing to you and even in a marriage, you still have to have that feminine charm and how you put yourself together and your looks about you, which leads me to reason number seven: it's feminine energy.

And this is the biggest reason. You don't have possession of your feminine energy, and if you are a cup that is empty, there is nothing left to you. You've been completely drained through your own psychological issues, from life, from work. You're sharing the bills 50/50, you're looking after the kids, you're doing everything. You do not have feminine power and energy to give. You are not magnetic. You're not magnetic to his masculine and your polarity. He might not even know the reason. He might just be waiting around wondering what is it that makes me not want to propose? The masculine loves the feminine because it can witness the masculinity that he has. The two complement each other. And when the feminine is drained, she's run dry. She has nothing to give. He might not make the relationship fundamentally unified because of that reason. He does not even know why.

So, all of these reasons lead me to say, you need to have ownership over yourself. If you're with a married guy, if you let your femininity dwindle, if you've let yourself go, if you've let yourself live in a relationship where he, um, just takes you as a wife already, you need to address it. You can't just say, "Oh, he's not proposed to me, it's been five years." You've put yourself in the situation. And if I was talking to men, I would give them a list of seven reasons why, something else, but I'm talking to women. And I hope this list helps you. And if you can identify any more reasons, put them in the comment box below. And I love you lots, Jerry tots, and I'll see you in the next one.