

-- Speaker 0 00:00 Happy holidays everyone, and welcome to another episode of the closeness podcast. More than almost any other episode, this particular one has been one of the more difficult ones to make. It's required an enormous amount of care sensitivity and really feeling into how to be sensitive about subjects that perhaps some of us have never thought about before or that some may find triggering, and especially if I have an opinion that differs from yours, how to present it in a way that at least is understandable and so that you can hear a different perspective when you hear something as intense as female pho, pause or mistakes to avoid or the mistakes that women make in communication and relationships. Of course, your ears are going to perk up. It's going to be one hell of a ride, but before we get started, of course there are some things that we should go over.

Speaker 0 00:48 It might be very easy for you to think that, wow, is he trying to change someone's behavior or make them into a different person? And the answer is no, but I'm also inviting you to take a different perspective and consider how your words and actions might be affecting other people. We all know the age old adage, no one is perfect. We're all here on this planet growing learning lessons, and we're all doing the best that we can, or are we, are we really doing the best we can with the way that we talk to people and act around people every day? Are we really showing up as the man or woman that we really want to be? Are we being awesome? I think for the most part, we step into autopilot when it comes to how we react. Again, just that word, having a reaction to what someone says, not letting our own traumas and triggers perk up and then combine that with just the fact that the person who we tend to fall in love with the most, or who we tend to click with the most, usually winds up being a person who can trigger us the most or activate many, many childhood traumas and wounds.

Speaker 0 01:56 So what is the benefit in hearing a perspective of a way to improve yourself? You don't have to take it personally. You don't have to look at it like there's something wrong with you and you certainly shouldn't look at it like I'm trying to mold women into something that isn't who they are authentically but is what I or other men want. That and certainly there are no shortage of full paws for men and I think it will be really exciting and fun to have a woman or some women on the show to share some of those things and then discuss what we can do about them. This list, it's extensive. It might even be a two or three or five part series because there are so many things that I think we do, not just one or two women, not just this type of woman or that type of girl.

Speaker 0 02:41 Most people have some of these behaviors wired into us and when it comes to dealing with the opposite sex, it just doesn't serve. In fact, it creates friction, frustration, irritation. So there might be one or two or even a handful that don't apply to you, but I'm certain if you can't find at least one of these within yourself, you might consider that you're not being fully honest with yourself. And certainly, you know, a friend or two who is like this as well, who you may want to share this with and who can benefit from it. This is an offering to improve who you are so that you can have better relationships with people. There's no way that we can exist on this planet without having relationships with people. So it's always to our benefit to understand psychology, to understand how male female dynamics work, and to understand ourselves a little bit better, but at the very least, look at the behavior and see if there's something that you want to do with it because of how people are responding to you.

Speaker 0 03:40 You may discover some things that trigger you. In fact, it's very likely, and it even did for me, so consider this. These are things that to me, hinder closeness, communication, sex, intimacy, and dating. And more often than not can cause a fight or an argument or just a disconnect when you're actually intending to have a really good time with someone, it's critical to know that we're not talking about when you don't want to be with someone, when you can't stand them or with someone who's bothering you or pestering you or when you have no attraction to someone or you absolutely don't want anything to do with them. We're certainly not t --

-- alking about ignoring when your own traumas come up and it certainly does not exclude listening to yourself, listening to your body and putting yourself first when it comes to your safety and wellbeing. There's a big difference between feeling uncomfortable in a situation and not knowing how to respond because you want nothing to do with someone and then being uncomfortable in a situation because you're just socially unaware or you haven't practiced good manners publicly or you're not aware of how to treat people when you interact with them.

Speaker 0 04:45 These full pause exist for when you are physically attracted to the other person or, and this part is so critical. If it's a perfect stranger who is not doing anything to intimidate you, freak you out. He's not acting or behaving and appropriately he's just another person. But your behavior towards him is either worse than you treat someone whom you didn't like or you're treating him as though he and every other man on the planet is a potential serial killer or rapist. So it's important to evaluate when you're interacting with men, what box you're putting them into, no matter who they are, where they are and what they look like. Have you decided in life that it's time to treat all men the same? Ignore all men. Shut down all men, not say hello to or acknowledge all men. Are you under the false assumption that all men are dangerous and all men would hurt you when in fact that couldn't be farther from the truth.

Speaker 0 05:45 We're talking about situations where you're not feeling threatened by a man. So some of these will apply to your public behavior. People who you don't know, and some of these will apply to people who you love the most and who you spend the most time with. I'm inviting you to do with me what you haven't done with your boyfriends or people that you're dating. Explore with me not being defensive or angry, or if you feel that as your first knee jerk response, genuinely take a breath and observe your reaction. Being aware of all of these behaviors are what's going to help your man navigate with you in an easier way. And by the way, do any of you know why? I go on and on and on and on with all of these disclaimers? It's because most people sit behind their keyboards or make comments that are flippant or a knee jerk response that is inflammatory.

Speaker 0 06:41 That doesn't really give thought to the deeper level of things. It's usually just a blanket general reply like, all people are great, or everyone should just do what they want, or she's beautiful and no matter how she talks to you, it's usually something that shoots down any type of comprehensive feeling or critical thinking or exploration of why people do things such as she's just not in. You get over it, obviously she doesn't like him. Move on, let it go, drop it, et cetera, et cetera. These one sentence replies that go nowhere and frankly are just insulting to the person who they're spoken to. It's either that or everyone's just perfect how they are and no one needs to change or work on themselves. And anything anyone says or does is just them and just let them be them. And, and that sort of lined acceptance of poor behavior.

Speaker 0 07:33 Because yes, in a beautiful utopian world, we accept everyone just how they are and we're all shiny sparkling beings and no one pisses anyone off and no one does anything wrong and no one treats people poorly. But that's not the world that we live in. If you run in spiritual circles, you know, the only thing you can control is yourself. And the only thing you can work on is yourself. So it's not my place to control you. It's not your place to control me. But we can give inspiring thoughts and ideas to help people who want to change live a better life. What people do do on the other hand, is distract themselves with the YouTube program or a television program or Netflix and never take accountability or responsibility for themselves. So we choose to just, which will actually be one of these full pause, get offended, flip it around and blame the person who's talking about it instead of looking within ourselves.

Speaker 0 08:25 If something you're doing is consistently causing problems with the men in your life or making you feel uncomfortable with men who you don't know and it's time to make a change. So it's my sincere hope that you have a little bit of fun listening to these, that you can listen to it with girlfri --

-- ends and boyfriends and husbands and wives and the whole thing can be a unique experience for you with each of these four pause, ask yourself the simple question, how would I feel if someone said this to me, behaved this way towards me, did this to me or asked this of me? And you'll be seeing that a lot when I go through these. Imagine that your dressed up looking beautiful in a restaurant, waiting to meet your partner for dinner at seven o'clock at night and seven 30 rolls around and you haven't heard from them and then it's seven 35 you'll receive a message letting you know that he can't make it or that he's on his way 30 minutes after he was supposed to be here.

Speaker 0 09:22 How would that make you feel? What would you do about it? What would you feel toward that person and would you even want to talk to them again? So that's one tiny example of a <inaudible> that women do to other men who they like. We haven't even begun yet, but here's a bonus one. Expecting men to sit around and wait for them at a table by the phone or wherever you've decided to meet after you've made plans with him after you've confirmed that that's what you're going to do and then not showing up or being so late that it may make the person never want to speak to you again. So shockingly, sometimes that's what makes the shift. Simply imagining that someone did to you what you do to them. So without further ado, here is quite a collection of female <inaudible>, pho pod number one. This is one that I've given so much thought and care and consideration to.

Speaker 0 10:16 I've done research on it for years. I've conducted social experiments and it is stifling how pervasive this Volpaia is. No one speaks about it. It's just done. Names that come to mind are reality TV effect, Kardashians effect, want to be hot chick effect or the, I'm screaming for attention but I have nothing to give back to you effect. I just want attention. It looks like this. Choosing to create a mask or a version of yourself that acts on your behalf so that you never ever show your true feelings or your vulnerabilities or who you really are, but the only thing that gets presented to the world is this artificial fake persona or mask. Usually heavily based on how good you look or how sexy look or how sexually desirable. You look set a different way. It's running every single one of your responses to anything anyone says or does to you through a filter that never shows who you really are, but instead has affectations attached to it.

Speaker 0 11:26 And we'll get into what all those are. In its simplest form. It's trying to suck all of the attention out of the room onto yourself without giving anything back or it's screaming to be seen as desirable or sexy or worthy. If you walk around in any safe environment, a shopping center, a mall, what have you, you'll generally notice three different types of women. Number one, the kind of woman I'm describing, doing all sorts of prancing and swaying and hair flipping and ignoring and focusing in ways that just draw wanted an unwanted attention to her. Number two, people who have real authentic triggers, social anxiety, who have a real difficult time being in public and who are unbelievably socially awkward. And this can STEM from something clinical, which is not something I coach on to something that you can do something about, which is to improve your personality, improve your social skills and work on yourself that you can be more comfortable.

Speaker 0 12:25 And number three, I'm hesitant to use the word normal, but this is us in our most natural state. It's to me the way the animals are, to me, the way babies are older people, once they reach a certain age of letting go of resistance is just an ease of operating in life with these people. There's no affectation to how they're walking around. They're not trying to put out any type of alert of fear, aggression, sex, anger, bitchiness, cruelty don't look at me, look at me. If they're shopping, they're shopping. If they're focused on something, they're looking at it. If they're speaking to someone, it's just their natural voice and how they talk. They're not trying to make their hips sway or their chest bounce up and down or flip their hair around or blink in a certain way or purse their lips, this sort of thing.

Speaker 0 13:15 There's a natural sense of who they are. When you look at them and talk to them and interact with them, it doesn't ma --

--tter how good looking they are or not, and you don't have any type of negative association or gut feeling about them. They look around, they make eye contact, they smile. They say hi. They say, excuse me. They don't walk a certain way or act or behave a certain way. They're just being themselves. She's walking the way her body is intended to walk. She's looking around naturally. Now listen, we all feel a little uncomfortable publicly. No one feels wonderful in every situation, so don't assume that that applies to you or that because you don't feel immediately comfortable out in public that therefore it's socially acceptable for you to behave in the way I'm about to describe this is a very specific affectation. The reality TV star effect is about an absolutely enormous, obvious energy sucking mask and layering an excessive amount of extra acting behavior changes and layering pieces of pop culture, personality onto who you are.

Speaker 0 14:24 That really isn't you at all. What it appears to look like are strategies to try to make you look more sexual or desirable by in a sense, and sometimes being colder, more rude or more aloof or oblivious to the rest of the world than the way a well socialized person would be. Examples of this might be holding yourself with such extreme poise and careful attention that you don't allow responses in your hands or face. It might be pursing your lips in such a strong way that you always have on the duck face or the sallow sucked in cheekbones that look like you have plastic surgery. It could be ignoring people when they opened doors for you and walking right in. It could be ignoring everyone else around you while making sexual faces or walking in a certain way and demanding and commanding a lot of attention, but not acknowledging anyone else there.

Speaker 0 15:19 It could be screaming and squeaking and laughing out loud where everything at once feels hilarious, but then as soon as a man walks by, you put on a completely different persona or get ultra quiet and uncomfortable even though you were cackling to get his attention, but acting completely differently towards men or anyone else who comes to speak to you and creating this little bubble around your world that's sucking attention in through your loud cackling or noise making, but you're actually not feeling that happy on the inside. We all have different masks that we wear, no doubt. And we are different people publicly than we are in private and different people when we're talking to our parents than we are when we're speaking to a boyfriend or girlfriend and even around people the same sex we behave and act differently. This is not that. It's the learned behavior that's very egotistical and self-serving and usually at the basis of it is insecurity because the real you wants to come out and is being repressed.

Speaker 0 16:17 But in saying all that, I don't want to take away from female charms or fun qualities that we like about women femininity and being girly and cute and playful and sweet and fun. All of those things are great qualities. You want to think of this as the overexaggeration of that. And what that does to men's minds is either irritate us or make us think about sex. So check this out. Most women don't want a constant stream of attention and sexual attention from all men, including ones that they're not attracted to or who they're not interested in. So why would you do the very thing that is going to make all men including the loudest and the most of noxious ones, sexually attracted to you and leave them with what will probably result in them staring at you, approaching you or making crazy comments to you that aren't particularly welcome.

Speaker 0 17:13 Some women have managed to install this personality trait into them so well that it comes out before laughing, before crying, before emoting with any type of real emotion, you pass it through this lens. This filter filter is a good word for it. This layer that's become so much a part of your personality that it's practically impenetrable. You could call this layer of yourself, your pain body, your ego, a protective mechanism. You can call it what you learned from teen magazine when you were a kid, but the trick is to separate out who's really you. The inside the girl on the inside from this mask. I myself, love, playful, flirty, sweet, friendly, cute, feminine, girly women as well, but what doesn't turn me on or excite me is when you' --

-- re trying to do this, you understand this perfectly. If you just imagine a man doing it, do you want any man to ever approach you and say, I was just checking myself out in the mirror and I notice you looking at yourself in there too.

Speaker 0 18:18 And I thought, Oh, what a perfect match we'd be. So what he say, we go hop in my a stretched Viper so you can get started on enjoying me. It's like, come on. We've all seen these men who are overly effected. The type who has their elbow resting on their table, their pointer finger bent in half and it's resting on their mouth and it looks like they're thinking pensively or they put two fingers on their temple to make it look like they're in deep concentration. Do you like anything fake in men? Fake chests. Fake butts, fake bank accounts, pretending like we are people who we aren't not being authentic guys who try too hard. Why do you suppose that you hate men who try too hard and you aren't sexually attracted to them because you hate that you do it yourself. So if you can't stand all of these qualities in men, why would you think that man would want to see all of these qualities in you?

Speaker 0 19:14 It just doesn't make sense. But the sad part about all this is it's the layer that you present first and that people see first and base all of their opinions and judgments and thoughts upon. So rather than having a genuine sense of empathy, love, surprise, excitement, delight, even nervousness, it's all done through this layer of, do I look hot enough, pretty enough or sexually desirable enough? What do you love most in men? What makes your heart melt? What makes you say, ah, he's so sweet, or I love how authentic he is. It's Winward just in our masculine. We're not puffing out our chests. We're not dropping her voice down so deep to emphasize our masculinity. If you're still having a hard time visualizing what I'm talking about, find any Instagram story or post about one of these Insta models who is doing a story on her breasts or her ass, her sexual ornamentation.

Speaker 0 20:11 Watch the way she just stares in the camera. Watch how she glides it all over her body and just blinks her eyes and makes us very vacuous expression with her mouth and puts her mouth in a certain shapes and then watch what other stories contain as well from the same person. These mannerisms, gestures and things that people think are sexy or desirable, but they're not. They attract attention in the way a screaming child might attract attention. You definitely look, but you're left with mixed feelings as a man. Do you want to fuck this girl or do you hate everything about her or both? And the reason you have these mixed feelings is because of that massive inauthenticity in their personality. So that same personality, that same layer and mask emerges as soon as she opens her mouth and starts to speak, it comes from that place of not confidence, not security and knowing oneself, but of wanting to display or thinking that you have to display so much of your sexual side rather than all of the other qualities that you're made of.

Speaker 0 21:23 Now, for a good majority of women out there, you are probably rolling your eyes at this. This could be the type of woman that you can't stand or that you don't understand or that you may feel as attention starved. I know most of my friends, for example, tend not to wear makeup. They don't put a lot of effort into how they look. Looks are secondary to their personality or who they are or what they love or what their passions are. But if you are someone who puts your presentation before everything that you do and everything that you say so that it sounds as if you're maybe reading a script from a reality TV show, what can you do about it? You can start even very slowly at first revealing real true parts of yourself to people who you trust. You can start sharing more of your heart, more of your true feelings and begin to become aware when you're putting something extra on top of your communication style.

Speaker 0 22:18 It's okay to be sexy. It's okay to be womanly. It's okay to have charms and charisma and all of this, but what happens when you're not the prettiest one in the room or you're not getting all the attention or some other girl sucks the attention away from you? Do you scrutinize your body from head to toe trying to find imperfections? Are you constantly trying to work these out cosmetically or in the gym or with --

-- a pill or with a surgery? It's easy to feel less than when you're always focused on appearance. Only when you're so critical of yourself and when you're so hyper aware of how you think. You sound and look, if you begin to expand on facets of your personality that go a little bit deeper than skin deep, you'll see a massive difference in your life and that well, that's the secret to where closeness lies.

Speaker 0 23:05 That's the real you that everybody wants to know. Not that your entire life's purpose is about being hot first. Now, no one is a stranger to the fact that many women love attention and what behaving this way does, which is probably the reason why many of you do it, is that it draws or sucks attention onto you generally because you're ignoring everyone else in the room and we're going to talk about that in a later photo pop so you suck all the attention onto you, but you're giving nothing back, nothing back emotionally, nothing back energetically or sexually or with smiles or with a beautiful, authentic piece of your personality and that's why it's so empty on the inside. That's why you can feel so low, so insecure, and so worthless sometimes despite getting all of the attention in the world. How does that look in real life?

Speaker 0 24:02 That means they want to prance around looking beautiful and sexually desirable and wearing outfits that draw attention to themselves. They don't want to say hello. They don't want to look people in the eyes. Even more and more people who are in service jobs such as servers or even counter clerks or girls who work in retail, they don't want to acknowledge that other people exist in the world. They would prefer to ignore them. I've both had and witnessed now several experiences in restaurants from diners to finer dining to really classy and charming places where the waitress is 100% absent. She's phoning it in. If I get asked two questions, do you know what you want to eat? Do you want any dessert? No. Hello, no introduction. I've even seen women serve entire tables and never once look their customers in the eye, never once acknowledged them or smile at them or introduce themselves.

Speaker 0 24:55 What is that? I'll say it a different way. You draw all the attention to yourself, but then when people actually look and stare or talk or smile or flirt, you do nothing to reciprocate the energy back. In fact, more and more these days, women are getting scared, frightened, and fearful of even what they're putting out there. This makes everyone feel uncomfortable. Look at me, look at me, look at me. Look at me. Look at me some more. The tricky part about all this is often you see the same woman getting frustrated by the kind of attention they get from men or how much attention they get from men. And then it turns into poor behavior with how they respond back to men when they're getting the very attention that their behavior is soliciting. So if this is happening to you, if this is something that you want to work on and you feel like you'd like to make a change, or if this is happening to a girlfriend of yours and you'd like to gently encourage her to make a shift for the better, here are a few ideas.

Speaker 0 25:59 Softening your edges, acknowledging those who are around you with smiles or hellos, realizing that it feels good to feel good and it feels good to treat others well. And it feels great when other people treat us well and wanting to be a beacon of light rather than an energy drain. Looking for examples in the world where you go out of things actually being okay of things, being safe of children, playing of other women, walking around without being harassed or bothered or angry or pissy or upset or drawing attention to them and notice that you can exist without having to have this front or this wall up. Being kinder to other people around you, acknowledging other people's existence, making eye contact. When we say smile at someone, it's not that you have to smile to impress us or to do anything for us. It's just a common place courtesy that people do as social beings when we are out in public, not with every single person that you meet, not because you're expected to smile because someone tells you you should smile, but when it feels comfortable and safe and when you can't help but to have made eye contact with someone, then you can try responding to others with sincerity, authenticity, and heart.

Speaker 0 27:12 This marks a --

-- really good segue into photo pawn number two. My friend Laura has a great name for it, stealing other people's thunder. Apparently men do this as well, so it will be applicable to both sexes, but this deals with being in conflict or a disagreement or having someone come to you about something that they're hurting about. They're coming to you and saying, you're hurting me. You're making me suffer. When you say this, it hurts when you do that, it makes me feel less than the one of the most vulnerable moments you can share with a partner when they bring their pain to you and tell you that something that you're doing is hurting them. It's something that requires your care and attention. I think if you imagine that a small child came to you saying the same thing, when you do this, to me it hurts.

Speaker 0 28:03 You'd probably want to stop the behavior right away. In fact, before going on, take a moment to imagine if someone you love is hurting you and you said word for word babe. When you do this, it hurts me. It hurts me on the inside emotionally and I really need your help here. What type of response would you like back from that person? Would you like them to care, acknowledged, talk about it, or would you like him to steal the thunder? Flip the script, turn the tables around and actually blame or attack you and tell you about all the problems that they're mad about as it pertains to you for having even brought it up or even worse, play the victim. That relationship is in a lot of trouble. If someone comes to you and tells you that they're hurting and then you flip it around and play the victim and tell them that you feel attacked by them telling you what they're telling you.

Speaker 0 29:03 Or maybe you're saying something like, I feel like nothing I ever do is right, or I feel like I can't please you, or everything I do is wrong. Or maybe you just start crying and you take something that your partner is expressing, heard about and flip it around and make him or her feel guilty. This is just devastating to your relationship or friendship because now, especially nice guys, you know this ladies, you know when you can pull the wool over their eyes, when you can make it about you instead of them, they might feel bad that they hurt your feelings and they will minimize and internalize their own hurt and keep it to themselves. Oh my gosh, I thought I was bringing something to my girlfriend that heard about me, but now she's feeling attacked and upset and a lot of people will put their attention onto her, which is exactly the ploy of the manipulative mindset in playing that victim role.

Speaker 0 29:56 So now guess what? All of the attention is where back on you. Does that ring a bell from photo number one? You may think you've solved this by not having to look within yourself or take accountability for anything that you did. But the fact of the matter is if that keeps happening and sometimes it only takes once, the resentment is going to build because if every time your partner comes to you with an issue, your response is to feel attacked or to flip it back onto them. Or if you feel that now is the appropriate time to bring up your long laundry list and air things out with your partner, it's never going to work. In fact, the worst time to bring your laundry list to someone is when they're coming to you with something that's going on with them. So when this happens, do your absolute best to,

Speaker 1 30:48 uh,

Speaker 0 30:52 take a breath. Listen, hear what's being said to you. Feel into the fact that your partner is not only hurting, but they're coming to you and talking to you about something that's going on with them. They need your help. They want you to help them and they want to have a happy experience with you. They want a better relationship. They want more closeness. If you choose a path of understanding and love and closeness, you're going to keep the relationship even if it's just sex, even if it's a short term thing or if it's a longterm thing, you're going to keep it more intact because you're going to build trust and the only thing that you're going to show your partner if you flip things around like this is that you can't be trusted and you're going to invalidate your partner's feelings and I can't think of a reason why anyone would want to do that to someone that they care about.

Speaker 0 31:43 Moving on to our next <inaudible>, this one is huge. It is all pe --

-- rvasive. It has taken over our society. What's really sad is that it doesn't have to be this way. It didn't used to be this way in the world. Number three is being scared of everyone and everything around you. Another way to put it is thinking everyone is your enemy thinking everyone is going to hurt you, thinking you're unsafe. Everywhere that you go thinking that men are generally cruel or evil or want to hurt you, often having an accusatory or assumptive attitude that someone meant to bump into you or do you wrong. And as it ties into previous FAU pause, taking on behavior such as completely ignoring everyone, never making eye contact, never sang hello, even in completely safe and normal day to day situations. It has feeling at its core, at its vibration that you're jumpy or scared about everything that you do and everyone that you interact with.

Speaker 0 32:48 Now to be fair, my friend was also sharing a statistic with me, letting me know that one of the number one things that a woman fears when going on a first date, her worst outcome is death. The fear of being killed or hurt or harmed in some way. And the number one thing that men fear on a first date is that a woman won't look as advertised or the way she portrayed herself to look before meeting. So on the one hand you have women who are fearing for their lives whether or not that's founded and whether or not that makes sense. And on the other hand, you have men basically hoping their partner is going to be the way they portrayed themselves on their profile. Now, that is absolutely horrific that a woman should ever have to fear for or be concerned for her life, especially on a first date.

Speaker 0 33:33 So acknowledged. Okay, how many women out there have ever told another man, I don't know you. You could be a serial killer. Are you sure you're not going to kill me? How do I know you're not an ax murderer? Especially this one ax murderer? I cannot even remember a single time in my life where I have ever heard a story of an ax murder that comes to mind. How many of you have used an expression like that on a first date or when you're getting to know someone for the first time and they want to spend time with you? This is what's at the basis of all of this fear. Where is the fear of meeting an ax murderer really coming from? When was the last time you heard of someone running around on first dates killing people? Now, I'm not saying be stupid and I'm not saying that stuff like this has not happened in the past, but these types of things are so far and few in between that I'm recommending that you not live your entire life in fear, being jumpy and scared and terrified every time you pass a man because some things like this have existed in the universe before.

Speaker 0 34:47 We for the most part, do not live in a world like that. Yes, there are atrocities. Yes, terrible things happen. Yes, there are rapes. Yes, there are forms of abuse, but two things are of massive importance here. Number one, do you want to live your life entirely in fear of something like this happening to you and therefore always be walled up and guarded and concerned and jumpy. That to me seems very uncomfortable for your physiology, for your wellbeing and for your own happiness. And number two, do you not see a connection in behaving defensively fearfully and what that usually attracts? If you look at a scared little rabbit versus a confident tiger, you see it right away in their body language. One looks like prey and the other one looks like a predator. So it's really important that you align your physiology up with someone who's confident and who never wants to rendezvous with terrible situations.

Speaker 0 35:49 And even as I'm saying this, I'm hearing people get revved up in my mind about how we do have to be vigilant. And there's crazy people out there and there's tons of creeps and you never know who one's going to be. Even with all that being true, what kind of life do you want to live? One of paranoia, fear, freaking out, mistrust, always assuming the worst in people. Or would you like men to delight you and surprise you and champion you and make you feel delight? Would you love to be pleasantly surprised when you smile at a man that he just smiles back or that if you make eye contact on the street with him, that you've just acknowledged each other with your eyes? So this full pot is a tendency to respond disproportionately to events that are happen --

-- ing in our now moment versus activating the fears and anxieties that come from our past on every future interaction.

Speaker 0 36:48 Do you want to believe in good in the world? Now, this does not apply when you come across men who are truly frightening to behold, men who are menacing or really freaking you out in some way or when you're all by yourself in a dark alley and walking to your car at night, or if you're super drunk, stumbling out of a bar or someone wasted or on drugs is stumbling up to you. Any of these obviously scary and dangerous situations where you want to be on high alert, it would be appropriate for anyone, man or woman to feel fear, discomfort to be on high alert. These are not the situations that we're talking about where I'm making a case to not live your life in fear. Be so jumpy, not make eye contact, not interact with anyone and keep your gaze down or up or wherever you're keeping it.

Speaker 0 37:39 Think more. To use a metaphor about sunshine, rainbow and unicorn days, summer afternoons, the middle of the day when you're in a shopping market, when you're in a mall, a supermarket, a yoga studio, a farmer's market, you're running errands, you're in Costco, a gym, a Palladio's class, somewhere where you're doing something that you like or enjoy. There are people everywhere. Everyone's just going about their business. There's nothing weird or awkward or bizarre about this moment. This my friends is everyday life. This is our day to day. Every time we step out the door for the most part, when it's not crazy late at night or a special holiday and no one's on the streets or you're stuck in a scary building by yourself. Our day today is for the most part safe and we're very blessed to have it that way. These are the situations that I'm talking about. So now that we've got that out of the way, some of these behaviors are so ingrained, it's taken a lot of time and reflection to leech out or distill down what is going on.

Speaker 0 38:43 And so these expressions that I'm using are pointing to your behavior. But they may not be describing it perfectly and I'm sure as our thoughts evolve with it, we'll give it names and that sort of thing. But what this mistake deals with is not giving someone who's standing right next to you or in front of you or behind you, like another customer in a store or someone who's shopping right next to you or someone who's crossing the street with you or someone who passes you on the street. Here it is, friends. The really bad behavior comes down to this pretending that they don't exist. It takes so much effort and so much conscious energy to pretend that someone is not standing right in front of you or in your space or passing you and to keep your eyes locked and focused on something else. Don't believe me.

Speaker 0 39:34 Imagine that. Whatever variety of furry, fuzzy, adorable animal that you love, a dog, a cat, a bunny, a squirrel. Imagine that that is walking right by you on the street or the shopping mall or what have you. Even if you were in your phone, even if you're in your head, even if you are distracted, would you divert your eyes and ignore it and shoot right by it and pretend it didn't exist? Or would everything in your universe come to a screeching halt so that you could acknowledge this beautiful little animal and pet it and say hello? Assuming it would let you, it takes so much effort to keep up this shield or wall to pretend that when you brush by someone and it's your fault that you bumped into them or you brush them, or you accidentally made eye contact with them to pretend that they don't exist and shoot your eyes in another direction.

Speaker 0 40:25 Not say, excuse me, not say hello or pardon me, or anything of the kind and just to keep on moving. It feels like you all have somehow convinced yourself that this is acceptable behavior now in society to just ignore everyone. Now I could already hear the feminist mindset creeping in and it sounds something like this. I'm my own person. I don't owe anything to anybody. No one should be telling me how to behave and no man is certainly going to tell me how to dress, how to talk, how to act. I can ignore everybody if I choose. I don't have to smile at anyone if I have resting bitch face. That's how I made. Don't tell me that I have to do anything to anyone, anywhere, anytime, and to some extent I fully agree with that. You are entitled to be whoever you want to be and i --

-- t certainly should not come from a man to tell you how to behave or who you are or who you need to be.

Speaker 0 41:19 However, I'm speaking about behavior that now is just flat out rude, inconsiderate, has no place in our society, disrespectful, mean, cold, weird and actually creates a negative reaction in men that you hate, which makes them more aggressive, more judgmental, more likely to call you names that you can't stand and more likely to feel negative emotion toward you because of how you're behaving. Even though that's not what you deserve. He's got no right to do that and it's totally inappropriate. This is what that behavior creates. Let me say that a little differently. Sure. You own your body and your mind and your soul and you could run around and behave however you'd like. However, when you are doing things in society that are rude, cold, short, inconsiderate, disrespectful, mean and otherwise inappropriate, things that you think are totally acceptable. Things that you've convinced yourself are normal or just your ways to cope, you're going to get a response back that you're not going to like, which is then going to make you dislike men more or be more frustrated or have more negative experiences because of how you're behaving to begin with.

Speaker 0 42:42 So some of it has to do with entitlement. Some of it has to do with some women who expect that because you are a woman that you should be treated in a more superior way than others around you or that just because you are, you are, you're a woman walking by that people should leap out of your way when you come passing in. I'll give you a few examples. I see this everywhere I go and I've been observing it for years. A woman is inside of an elevator and she's staring down. The elevator is small and a man needs to get in. He has to maneuver himself around her because she is so petrified or paralyzed or arrogant remains to be seen or known that she won't move to accommodate someone coming in. Even though she's standing right in front of the elevator. Everyone knows socially that you're supposed to make room for someone when you come into an elevator, right?

Speaker 0 43:34 What does she do? She doesn't look up. She doesn't acknowledge his existence. She doesn't move out of the way. She doesn't say hi. She doesn't adjust her shoulder to make space. What does she do? She just stands there. Vacuous Lee staring out into space expecting that the world should accommodate her. Now, can you just imagine what a pleasant interaction, something so simple like that could have been without getting the guy irritated, without making the woman feel uncomfortable simply by moving out of the way, nodding your head, smiling and saying hello saying good afternoon saying, excuse me. Things like this make an enormous difference in how comfortable you're going to feel if you have to stand next to someone for the next 30 seconds or 30 minutes. This is very different than saying you should smile, smile more often. You look so much prettier when you smile.

Speaker 0 44:24 It's not about control, it's about public decorum in a sense. I feel like I'm hearkening back to the good old days. In fact, I hear the good old days still exist in the South where people acknowledge each other's existence. It's part of society, it's how it goes. So I've done social experiments in stores where I'm watching how women treat other men there and have even had the various same things happened to me while I'm observing this behavior in others. So let's say a man is looking at something that's on a shelf eye level and a woman who needs something nearby, swoops in, reaches right in front of his face, coming literally inches within, touching him and actually getting in his way, snatching the items she wants, and then flinging herself around to walk away. There's no, excuse me. There's no hello. There's no, Oh, Hey, I just going to grab this really quick, or pardon me or do you mind reaching that for me?

Speaker 0 45:17 It's just rude. Who were these people's parents and how did they grow up and how did they get through life? Just barging into other people's space? I wonder, I can't think of something more inconsiderate and rude in public. When men are put in this situation, it puts them well. It puts anyone on the defensive. Imagine you do that to another woman or a woman does that to you. You'd feel very upset and slighted. Can you imagine if you're shopping and a --

-- man just lunges forward in front of you, sticks his arm out right in front of your face and takes what he needs and then whips around and walks away. We're going down Rocky territory, so let me lighten it up a little bit. Whenever I pass small children, teenagers, kids who are with their parents, grandmas, people who tend to be over 40 and I observe them in public, I notice a very unique freedom about them.

Speaker 0 46:06 They say hello. They acknowledge your existence. They're aware that you're around them. There's a general sense of being a good person that emanates from them. And when men say hi to these women and to these girls and to these older ladies, no one feels threatened. No one feels that they're in danger and no one feels that something bad is going to happen. And it's important that we recognize we're talking about safe environments. We're looking in someone's eyes, does not mean an invitation for sex or now you're going to have them. How do for your number? And listen, I've spent a good amount of time in these busy bustling places like New York, London, San Francisco, I get it. You don't want to look at anybody. You just want to get by, do your thing and get to work. These are not those times. It's when you're in your favorite coffee shop and you almost bump into someone or you're going to be face to face with someone sitting at a counter and you try so hard to pretend that your phone or staring down or staring at a menu is the most important thing.

Speaker 0 47:04 When in fact to me it's about human connection. And I strongly feel that if we stopped making such a stigma, such a fuss about acknowledging others, regardless of the fact of whether you have a boyfriend, a husband, a girlfriend, a partner, a wife, whatever your status is, does not take away from the fact that you can share positive social energy with other human beings and feel good about it and that thing that you're trying to avoid, that fear of being hurt, being accosted, having someone talk to you and you don't want to talk to someone, a simple acknowledgement of someone else can make all of those fears evaporate. Here's another great example. I love to dance. So sometimes in a classroom setting, the teacher's in the front and we are each standing in our own space, learning choreography. So not partner dancing, but solo dancing.

Speaker 0 47:58 I've been in classroom environments where there is no other word to describe the way women behave in there. Then bitchy, they bump into you. They don't acknowledge, they don't look. They take up your space, they dance in front of you and all over you. And it's a horrible experience, like truly, truly horrible. And then I've been in other classroom environments where the girls in there are supportive, warm, friendly. They smile. You're going to catch eyes because you're spinning around and moving around so much. So we look at each other, we smile. We don't look down or away or pretend the other person isn't about to slam right into us. There's an acknowledgement of space and a respect of space. You might think to yourself, well that should be normal behavior in a dance studio, but it's not the case. And also these aren't sexual dynamics.

Speaker 0 48:45 This isn't about who I'm attracted to or who's attracted to me, who's hitting on me or who I'm hitting on. And that's not the basis for whether or not you give someone attention. You just simply cannot exist in the world. Interacting with people in classes, workshops, wherever, and pretend that the world revolves around you and everybody should get out of your way and not look at you, not talk to you and not do anything for you. Until you want to get something from them. Oh, and by the way, let's talk about double standards for a moment. If a man engaged in this type of behavior with another man, if he tried to pull these things, it would be caused for a physical fight and for violence. So imagine you're now with your boyfriend in a supermarket in the same situation I was describing earlier, and your in an aisle looking in the cereal section, deciding whether to get five grade or 10 grain.

Speaker 0 49:34 And there's another man who also seemingly needs something from the same place where both of you are standing. So suddenly without warning, he swoops in, doesn't say excuse me, bumps right into your boyfriend, knocks him off balance a little bit by bumping his shoulder, takes what he needs, never even looks --

-- at either of you and walks away. Think for a minute about how that would make a man react and how you would feel if you saw that happened to him. I believe that half the women would quickly want to try to calm down their boyfriend before any type of beat down occurred. How many of you would try to say into your boyfriend's ear, Oh, just let it go. Let it go. I also think some women would find excitement in knowing that their boyfriend would go put that man in his place, and I also think most people would appreciate someone speaking up or making a comment, but try to imagine a man speaking up to a woman who does this in a supermarket for example, and says, Hey, that was really rude, or inconsiderate or unthoughtful, why don't you apologize or say, excuse me, I can't even see a favorable outcome in this scenario of how that would go.

Speaker 0 50:45 Well. Now here's the kicker. The response is appropriate. It's very appropriate. It's not accusatory. It's not wrong. They aren't fighting words to say, you know what, that was rude. I don't appreciate it, but because more often than not a woman hearing that is going to be put on the defensive feel attacked, put in fight or flight mode or something like this, it's going to create a much larger issue. Leaving both people with a sour taste in their mouths. The woman erroneously feeling attacked by flipping the script or stealing the thunder and the man feeling wronged. How hard is it to say, you're right, I did bump into you. Excuse me, that was my fault. Or as lovers of horrible grammar, like to say that was my bad, but this is not how our world works. Instead we're subject to the scorn, retaliation, anger and cries, hurt, and even someone making a scene or even just someone taking pleasure in being rude or in being inconsiderate and when someone makes a scene, what is the default behavior of any man or woman listening to a woman freaking out or yelling at a man?

Speaker 0 51:49 When the masses get involved, the sentiment goes clearly. He must have done something wrong. Clearly a man should run to the aid or the defense of the girl who's making a scene about someone who she bumped into and bothered. If you don't know what I mean, think of it as the damsel in distress syndrome. Of course, in a time of need, if someone is slipping off a cliff, grab their hand and save their life and be there for them. But if someone stumbles upon a man and a woman arguing and a woman seems like she's in distress, the default is to assume that it must be the man who's creating the problem. Now, I'm not suggesting anything here about who's right all the time, who's wrong, who started arguments or not, or what every argument must be about, but it's keeping in our minds the knowing and the assuming that when a woman is in distress and a man and woman are arguing back and forth, it almost always almost unanimously seems like the man has done something wrong to her because she's upset or emotional or crying or seems very distressed.

Speaker 0 52:54 I'm drawing all this out not to exclusively defend men or to make women wrong, but to acknowledge that we never know what's really going on. When we come across a situation, I'm wanting to demonstrate why in some cases it's possible for the people that you do this to feel frustrated or silenced or like they can't speak up about wrongdoing because it either gets turned around back on them and blamed on them or it creates an inappropriate scene. Now I do realize there are a million ways we can point out where women treated unfairly and we're in that time period right now or that's so important and critical. This is not me trying to shift the pendulum over and minimize anything that you as a woman might be going through. The whole purpose of this series is to help bring you closer to other people, not to isolate you like an Island, not to have you live in fear and not to not be aware of how you treat people, which creates certain responses that you get back.

Speaker 0 53:50 So to me it's all about bringing awareness to our actions and our behaviors and understanding what effect it's having. In the outside world. It's really hard to watch women in public, but they're way in between other people forced their way through doors without acknowledging someone who's holding an open for them or who's in the doorway with them. Step in front of people, cut people off, trip over people, lean into people, brush right by them, take the --

-- in parking spot, whatever it is, and completely ignore the person in the process. I just think to myself, what happened to you? Why is this your default behavior? Where is your sense of empathy? Where is your sense of wellbeing? No one's perfect. We are all a little bit crazy, but there are certainly rules that we need to hereby to make society work and to make it a comfortable place for all of us to live.

Speaker 0 54:42 Being considerate happens to be one of the foundations of our society to get along that we're cordial to one another, that we're respectful. Now, some might argue that they don't want to confront someone or that they're shy or that they simply don't function well in public. Perhaps you shouldn't be going out in public and reaching for things that are in front of other people or interacting with people where you have to stand next to them, but you can't expect the world to bend to all of your whims simply because something makes you feel uneasy. See there's a big difference between someone actually doing things that make you feel uncomfortable, that are understandably wrong and inappropriate, and then you feeling uncomfortable with yourself as a person and that one thing there, it's a bit of a sickness again, in our society is we're so aware of not wanting to make anyone feel uncomfortable, but we never stop and think about why that person is having this issue, why they might be feeling uncomfortable and how that might have absolutely nothing to do with the person making them feel uncomfortable.

Speaker 0 55:52 If I hate the color Brown, and I think it looks terrible on someone, so it makes me feel uncomfortable. Whose issue is this? Does it have anything to do with the person wearing the doodoo Brown colored sweater? Of course not. I remember a post on Facebook that was really popular a while back and it had a woman in a bikini, a woman dressed sexually, a woman with her boobs out and next to it. Each of them said, not asking for it, not asking for it, not asking for it, and I agree completely that you do have the right to run around how you look and not be harassed, bothered, or for anyone to say that you're asking for it. However, the way our world works whether we want it to or not, whether we accept it this way or not, is that men look for signs of sexual fitness in women no matter what without trying, without even being aware of it.

Speaker 0 56:43 When we see women, we are taking in their beauty and how they look. If you're going to make yourself look sexually desirable and dramatically enhance your sexual assets by putting them out on display, you're going to push up your boobs. You're going to sway your hips, you're going to click with your heels. You're going to wear heels and make your shape look longer. You're going to wear things that accentuate your sexuality. You're going to put on things that make men want to have sex with you. Then you don't get to have the double standard of expecting that. I don't want to deal with any attention or unwanted attention from men. I want to dress up how I want and look how I want and expect that you're not going to get a reaction from doing the very thing that creates a reaction. It's like dangling a mouse in front of a cat.

Speaker 0 57:28 It's so critical to get this because nothing is black and white. You have the right to not be harassed and bothered and you should be able to move through the world dressed how you like and carrying yourself the way you like. But listen, once upon a time, we used to have thousand dollar bills in circulation. To me, this would be as if a man wore a suit full of money and he just walked down the street with money almost falling off of him. And there was a way for you to know that he was a very, very wealthy man. And then he complained that all women care about when he talks to them is his money or that they want to be with him for what he can provide. Can he wear a suit made of money? If he so desires, absolutely. Should he have to deal with harassment and people asking for him?

Speaker 0 58:19 Should he have to deal with harassment of other women asking him for money or people asking him for money? No, but one sort of begets the other. Women often walk around with tops that are cut so low and their breasts poking out so firmly and voluptuously that one millimeter more of fabric being moved in any direction will expose their nipple. Can you imagine a man for starters, even getti --

-- ng away with wearing his pants so low that one millimeter lower and you would see the shaft of his sexual ornamentation. And not only that, but his underwear. It was designed in such a way that there was a pouch underneath his balls that pushed everything up and made it protrude out of his pants so that it was pretty much the first thing you noticed when he walks in the room. But come on now. He just wants to dress in a way that makes him feel good for other heterosexual men like himself to appreciate him and you know, to compete with him.

Speaker 0 59:25 Number one, how comfortable would you be if someone was speaking to you dressed like that in public? Number two, if that man then complained that he keeps getting unwanted attention from women who want to have sex with him, would you be sympathetic? Yes. You can wear what you like. Yes, you can do what you'd like, but you have to accept the ramifications that come from behavior like that because of how we are wired, which does not involve hurting you. I'll give you one final example and then we'll move on. I was at the mall the other day picking something up and it was about to go down an elevator. A woman was coming up off the elevator with her husband behind her and just slammed right into me. She didn't trip. She wasn't on her phone. She just walked abruptly right into me because she was so in her own universe that she wasn't paying attention.

Speaker 0 00:16 Boobies, bouncing hips, swaying heels, clicking the signature, empty look, staring out into space anywhere other than where humans are. I literally tried to jump out of the way, but there was no saving this collision. How would you handle this? If you slammed into someone and you knew it was your fault, would you look up? Would you apologize? Would you make eye contact? Would you laugh? While the truth is when something dangerous or alarming happens, we turn around and look to see what it is. If we hear a loud noise behind us, we whip around to check it out to make sure we're safe. If we bump into a wall or a person or a light post, our natural inclination is to look up and see what the heck happened to us, which is why it is so disturbing that this arrogance, this superiority, this effect that you are more important than anyone else around you who you may have even hurt.

Speaker 0 01:11 It has such a strong grip on you that you can override your natural instincts to see what the heck happened and be even more rude and even more cold than anyone could have thought possible before. This woman who slammed right into me absolutely refused to look up, acknowledge anything happened. Apologize, say, excuse me. She stopped for less than one second to make a little noise like and then stormed away as if I ran into her. Now I really make a point about not sharing things on this podcast that happened once or something that happened 15 years ago and I think it'll be very dramatic to share it. I share it with you because I see this happen over and over and over again, and when it happens to me personally and I have the voice to be able to speak about it, I'm letting everybody know this is how women behave in today's society.

Speaker 0 02:06 It's not unusual. It's not uncommon. I see it almost everywhere I go, but to get back to our story, after she stormed off and I made my way to the escalator, I came in contact with her husband who was looking right at me. How do you suppose he was looking at me empathetically, feeling ashamed and embarrassed, feeling guilty, shaking his head, apologizing to me for her poor behavior. This was actually really touching for me to experience someone who was able to take a moment to set right a moment that had really gone off the rails and could have left a very bad taste in my mind for the next several minutes. But instead I was left feeling appreciation for this man, sincere acknowledgement. So I've spent a considerable amount of time thinking about what inspires someone to make these choices. Why choose anger and frustration over friendliness and kindness?

Speaker 0 03:03 Why choose to be uncomfortable? I mean, it is a choice than to just simply be polite, cordial, and respectful. And to me it comes down to one thing. Entitlement, outrageous, absolutely wild entitlement. The idea that you're better or more important than anyone else around you and that no one else's physical space matters. All of this dissertation to say the word you're looking fo --

-- r is, excuse me, with eye contact and sincerity. So at the end of the day, what are the solutions and answers to this <inaudible> while a piece of me fears that it takes a certain degree of presence, consciousness, intelligence, to even want to listen to something like this and make a change. So perhaps the people who need to hear it aren't even listening to it, but I'll keep my fingers crossed. I also think that this change has to come from both men and women not tolerating this behavior when they see it, that we speak up about it and that we remind someone how rude they are and how inconsiderate they are and what type of behavior might be more appropriate.

Speaker 0 04:07 Not by yelling at them or decimating them or being rude or being physical, but by calling out the behavior. If you are someone listening and you realize this is you, please don't come hang out with me. No, just kidding. Start by reminding yourself the absolute fit that you might throw if someone did this to you. Start visualizing how you might react if people treated you the way you treat others. If that doesn't do it for you, let me remind you that the worst you treat others in society, the more likely they are to believe that all women are this way or all manner that way, and the more likely people are to form negative beliefs about everyone and therefore the worst. We are likely to all treat each other and yet it's amazing how one smile can restore your faith in humanity. One glance when acknowledgement, one person who looks in your eyes and just says, I see you how that can brighten your day.

Speaker 0 05:01 Don't you want to be someone who spends more time brightening the days of others than bringing them down for whatever reason, whether it's insecurity, nervousness, shyness, uncomfortability, a lost faith in humanity or the time period that we're in right now. I think you do. I think you want to be an uplifter. I think you want to bring joy to other people's lives and I think you want to have more joy in your own. Get out there and mix it up with people. Download the app called meetup and realize that you can mix it up with strangers and people you don't know and have a good time talking to them, connecting with them, enjoying new hobbies and doing new things. It's a big beautiful world out there and I encourage you to enjoy it. We're going to leave things right there for part one of this multiple series female FAU.

Speaker 0 05:45 Pause. I always recommend taking a little time to reflect and review in your mind before jumping into the next one. Know that you also have resources and options available to you. We offer personal coaching. If you're experiencing some of these issues, anything ranging from how to grab cereal off the shelf to how to have better, more explosive, incredible sex, you can find more information on getcloseness.com and if you haven't checked out our Patron page yet, that's patron.com forward slash closeness. There's now a members only area where you can get questions answered to all of your most intimate curiosities and other awards and benefits as well. Thank you and see you next time.

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