



PAMPHLET ON COMMUNICATING with him OUT OF FEAR OR CONTROL

ASK YOURSELF:

What's my motive in getting him to do what I WANT?

“Will he pick me?” is not an attractive internal motive/question. It's not an appealing vibe. It's not a good look. You're not on the block at auction. Choose yourself.

“If he _____ then my world will be better” is a sign to

Do YOUR inner work.

Maybe you sense you “need” to have *the* conversation with him. “Where is this going?” Well, many women did not ever have to ask...

Could the need be to ask YOURSELF and God what's at play here?

an old way of being?

a historical fear?

if it's your oldest way of being, there's no quick fix.

The answer is grounded, emotional sobriety, one day at a time.

Ask God to help you get victory over the obstacles, even if you can't see what they are today.

When feminine follower wants to switch energies and force a solution or fix (could be sabotage) "have a talk" (could be her getting her way) and try to create a change *in him*, (not possible) it's time to pause and go to God.

Trust the process. Necessary communication is often very simple. When it isn't fearful control, it is an offering of "here's how I'm feeling". You will give him the dignity of his own experience and leadership. It's okay to say "I have something to check out with you, what do you

think?” Then SHARE your FEELINGS. Speak about anything, ***as long as it doesn't have “and you better produce this” attached to it.***

You can have the best intention, and have and want all of it. Want it all! AND then, truly SURRENDER it to God. Pray. Share all of it with GOD. Turn over all your wishes hopes and dreams. GOD IF IT'S YOUR WILL, ALL THIS AND MORE, **IF IT'S YOUR WILL.**

Keep showing up with an open heart. Keep working on yourself. God puts the right one in your life. It's either gonna work or it's not. Give it up, leave it alone. If it's not meant, you can't force it. If it is meant, you can't break it.

**FEAR (FALSE EVIDENCE APPEARING REAL)
+ THINKING =**

playing God, controlling and IMAGINING that you can line everything up and control it is a suffocating form of rigidity, to the point of missing out on the blessings.

PRACTICES:

When you notice you are worrying about outcomes, tangibly be aware of what is going on in your body and where, and look at it, or ride the train to destruction through a forced action, situation or argument.

Choose instead to:

○Pray

○Go for a brisk walk in nature or do a workout

○Write out, by hand, what you are afraid of and read it to someone you trust or put it in your God box

○Take a bath

○Get a foot massage or pedicure

○Take a break from screens and get in nature

If you notice you are worried about outcomes while spending time with him, choose instead to:

O consciously, constructively and kindly leave until you feel better and ready to be emotionally intimate without needy demands

SET ASIDE PRAYER:

GOD HELP ME SET ASIDE EVERYTHING I
THINK I KNOW ABOUT LOVE AND
RELATIONSHIPS

SO I CAN HAVE AN OPEN MIND AND A NEW
EXPERIENCE