

# OVERCOMING THE FEAR OF BEING FABULOUS

## Welcome to Module 7 *Overcoming the Fear of Being Fabulous in Love*

### Overview

In this module we are interviewed by the high profile Los Angeles Hand Analyst and Life Coach, Baeth Davis. We began by discussing what the fear of being fabulous is all about before covering the four main keys to a loving relationship. The session concluded with a couple of questions from the listening audience.

### Transcript

#### Baeth:

Why don't we just dive right into our topic, how to overcome your fear of being fabulous in love.

#### Jim:

Let me start by saying I want to make certain that everybody understands the word fabulous, fabulous, doesn't mean being Bill Gates or Marilyn Monroe. It simply means that you are living as full a life as you are capable of and you are desirous of to live so that you are not in any way being inhibited or blocked internally and nothing is in the way of what it is you are setting out to do and claiming to do so that you can actually say, I want to do this and accomplish this and fulfill it.

So want to make sure that when we say overcoming the fear of being fabulous, we are talking to everyone and that you do not have to become world renown in order to be fabulous. That's just a word we'll use to mean living wholly, fully, and totally you.

**Baeth:**

So how did you both come to that particular insight and that word Fabulous? Can you briefly share with the callers how you two found your way to that realization?

**Judith:**

Well, it started really at the beginning of our relationship. We met 19 years ago and Jim had been married twice before. I had not been married before that. And we have very strong personalities and we can both be quite stubborn. We're very different from each other. So when we realized we wanted to marry and we wanted to make sure that we would not get divorced, we started looking at what were the central issues for succeeding in relationship. And it boiled down to how did you handle being different from each other.

And we started looking at the fights that would arise in our early first couple of years of marriage. There were plenty of tiffs and pouts and sulks and I mean I was a psychologist, didn't make any difference. All of my junk was coming to the surface and Jim had his junk and we kept looking at what was causing it. And it was always fear.

Fear of not being understood, fear of not being trusted, not being respected, all kinds of junk, all kinds of unconscious stuff from our past that was gurgling up to the surface and we realized that we were holding back. We were getting cautious. Careful. Wasn't that we were lying, although a lot of people do that in their relationships. It was that we were geared to come fully forward and the more we kept recognizing what we thought it was, the fear of being fabulous and the more we could get fabulous with each other, say whatever it was that it meant. You know, we've even had some fights in it that we were laughing hysterically at the end of it because we said all kinds of outrageous stuff that you had to really honor with laughter. But it just made our marriage closer, kinder, deeper and more and more fabulous.

**Baeth:**

So given the abilities that you two discovered through your own relationship to work your way towards fabulous, what do you think is the number one reason that people have so much difficulty in their love relationships?

**Jim:**

The reason that people experienced the fear of being fabulous is because they had made very deep rooted unconscious, at this point, decisions that basically were self-projecting.

What does that mean? It means they were confronted with a situation or faced with a situation not necessarily confronted. They were placed in an environment where the environment demanded of them that they not be who they are in order to curry the favor or the survival within that environment.

So what we do is we practice not being who we are so that we can then survive and we become other oriented. So our focus is on everybody else but ourselves. And then we develop a very deep rooted skillset. You can call it an ego, you can call it a personality that is dependent upon the recognition, the acknowledgement, the perception, the judgement of the other. And there's a result, once you get into that kind of frame of mind who you are in some deep real private way becomes not only irrelevant, it becomes dangerous. Because the skill that you've developed is developed in order to survive in a particular environment.

You cannot challenge that skill set because if you do then you're jeopardizing yourself and making yourself liable for some kind of danger. So the problem then becomes that you are practicing not being who you are as a way of surviving in the world. And then the fear of being fabulous is just a ridiculous statement because of course you're going to be afraid to be who you are cause it's far, far, far too costly.

**Baeth:**

So can you give an example, either one of you, from your own personal experience?

**Jim:**

Absolutely

**Judith:**

Sure.

For me, just the simple one is that my parents will, all of my unconscious fear of being fabulous goes right back to the family I grew up in, who didn't want me to be curious. They were annoyed if I was asking too many questions, they would have been happy if I had had a house next door and had a couple of kids and my mother, you know, if I was playing bridge with my mother ever afternoon.

And that's not to criticize her, it's just that was the vision she had of what a daughter would be. And so from the very beginning, she did not want, and neither did my father, want a strong personality, didn't want independence, didn't want who I was. And I learned very early on, long before I could think it through or have any, you know,

wisdom about what was going on, I learned to cater to my parents by playing down who I was and making sure they were comfortable making sure they were happy.

Well then what happened in my dating and my friendships, the same thing. I wasn't coming forward as who I really was. I was always looking around to see what did other people want, how I should behave. And I always felt uncomfortable, but I couldn't figure out, I didn't know why and I didn't know why I wasn't having great friendships or why I wasn't having great dating relationships until much later when I started to examine some of these issues.

**Baeth:**

How about you Jim?

**Jim:**

And for me that my father was truly an alpha male in terms of his potential. But he was brutalized, horribly brutalized as a child. So all of that alpha expressiveness, the alpha possibilities were stuffed down. And the only place he could express that was at home. He'd never get it out in the world, never.

He was everybody's friend in the world, but he would come home and he would sometimes be a real monster. So he used to say: There'll only be one genius in this house and that will be me. And I love my father. I had a very deep connection with him. So, and he said this when I was very, very young. So there was no evidence of my threatening him with my mental capacities. I was too young.

So he was actually expressing his own frustration. And I, unconsciously, made a pledge of allegiance. I said, okay, you're going to be the only genius in this house. Whatever that means you you're it. I had a terrible time in elementary school. I started in high school. I went to a Jesuit high school where a rigorous exam was required to be taken to get in. I started at the top of the freshman class and ended up at the bottom that appears to be a failure when in fact it was truly a success in keeping my father the genius in the family. I went to the University of Detroit. I graduated with a 2.1 average, which by the skin of my teeth I almost got thrown out at the end of my first year.

They said, if you don't get a three, five and you're in your next semester, we're going to throw you out of the school. I got a three eight and then I went back to a two one because I was fulfilling my pledge of allegiance to allow my father to be the top dog.

Now I didn't know that. You might've asked me, you might have cornered me and pushed me and I might've said it. But I didn't know it at the time. So I felt like a failure and talk about not able to be fabulous. I was engineering my own dissing of being

fabulous in order to keep the commitment I had made to my father so that he could be the top man in the family. And that's an example of how it works. And that's just one example of many, many, many examples of unconscious commitments that people hold that keeps them in place while they appear like they're failing.

And we use the phrase we say, for example, you are always succeeding. Always, always, always succeeding. Human beings don't ever do anything that goes against their wellbeing. The question is, what are you succeeding at? And on the surface it may look like you're failing, but the truth is your succeeding, you're succeeding at not being fabulous. And that's a huge mind shift when you finally have to face into it.

### **Judith:**

And I just want to just add, if I may. I didn't marry until I married Jim, and I was 44 and people say: Oh, it's how great of you to be waiting. And I say, you know, I wasn't waiting. I was frustrated, I was depressed. It was maddening. But what it boiled down to when I look back on it, was that my parents, as I just explained, wanted to keep me close at home, they really had not wanted me to marry.

So unconsciously I was being a very good daughter by not ever getting married. And they were not happy when I announced that I was going to marry Jim. You think they would have been, but no, they truly still have the idea that it was my job in a sense to be the good daughter and call them all the time and go visit them. So that's just a very graphic example of how the unconscious can hold you back in ways you absolutely can understand that. I certainly searched all over the place for why I wasn't married and the one place that I had to look, I had to wait until I met Jim for us to start looking at this business of the fear of being fabulous

### **Jim:**

And the skill-set, that's a phrase I use skill-set. Judith developed a skill-set to stay unmarried. And I developed the skill-sets to just get by in school.

By the way. I went back to school when I was 35 or 36 I did five years of work in four years. I graduated with 42 A's and two B's. And the reason I had two Bs is because I got real macho around a statistics course, which I shouldn't have. And I got an A in that course which cost me two Bs in the other two courses.

I graduated with a Summa with 3.975 or something like that. So my point being, is that was the fabulous true me. But the fear of being fabulous was really the fear of overthrowing the pledge of allegiance that I had made to keep a particular kind of structure in place.

**Baeth:**

If I'm hearing you both right then for you Judith, it was a kind of loyalty to niceness and making yourself sort of the consummate. I could just imagine you the consummate hostess gracious, always just putting your best foot forward so you never rock the boat. And Jim, you having to stay small.

**Jim:**

Stay small.

I was in when I was a teenager, I was a bad ass. I was a gang kid and I should've been in ballet school or I should've been in art school. I should've been in writing school, but I wasn't. And the reason I was there, it was a perverse attempt at trying to be fabulous by getting some of me out somehow, which is primarily the rage that I was seeing.

**Baeth:**

It sounds like your M.O. would lead to a lot of anger. And I'm wondering for you Judith, what was the emotion that you felt beneath that? Did you feel anger or something else?

**Judith:**

More depression. Yeah, the anger came much later, but what I lived with starting really in junior high and it erupted quite ferociously in high school and then just persisted at some level, was depression. And I was mystified at what it was about. I couldn't see what it was about, but there it was.

**Baeth:**

Yeah. It sounds like maybe a kind of hopelessness, like what's the use of even bothering.

**Judith:**

Right. Right. Exactly.

**Jim:**

That phrase, why even bother? You know, Peggy Lee years ago sang the song: Is this all there is. It all sort of plays and ties in together. If in fact she is depressed and I am

keeping myself small and then somebody says, let's go do something big. The cynicism that follows that, which is a legitimate logical cynicism, although by being cynical, I keep repressing myself – that says why bother?

But the problem is we blame it on all kinds of other oriented out there base reasons like the world is this or the people that are like this or businesses like that. And so I don't want to participate because it's all corrupt or it's all evil or it's all you know, ridiculous or all of those phrases that you hear that it's all “other” based because this whole phenomenon of the fear of being fabulous is all other based, because that's where your focus is.

**Baeth:**

And that's in its root. You become other oriented by rejecting yourself.

So my question then is, okay, so we've identified that self-rejection is this big issue for everyone. What are some red flags? How can people spot this in themselves if they're doing the self-rejecting behavior? What are some tell-tale signs?

**Jim:**

One of the most obvious and simplest tell-tale sign is the degree to which a person cannot receive a compliment.

Now that may sound trivial, but it's actually very profound and very meaningful. Because when somebody compliments you, what it means when you don't receive the compliment, there's not a place inside for that to reside. There is no home base for it to attach to. There's no home for it to reside in.

So as a result, what we do is we dismissed the compliment because in fact it is discordance with who we see ourselves to be. And it also, if I let that compliment in, if somebody had said to me, you're really, really a smart guy, that's a huge threat because it goes against the very thing I'm trying to maintain, which is my smallness in the area of being smart. So when you don't accept a compliment and you are chronically not accepting compliments, you have to take a really good look at what it is that you are trying to keep down that the not accepting the compliment is a signal for.

**Judith:**

Another one that is really loud and noisy when you pay attention to it--we call negative head talk. And that's all the yammer in your head that is lying to you and it can be



about anything. They're not going to like me. I know I'm not going to go to that party because they're snotty. No, I'm not going to go there because I won't be able to do good in my schoolwork. I shouldn't wear that dress that makes me look fat.

All of the negative, negative, negative hammering, in our mind that blocks us from feeling free to go forward and so often that negative chatter is so believable that we don't even question it and then we start reducing our lives or we never get it large enough to reduce it, but we keep burdening ourselves with feeling inferior, unacceptable, not good enough. I don't belong here. People won't like me. I can't do that. And we interpret things negatively. I went all the way through UCLA, got a C plus average, almost never studied, was working as an actress and a model and I thought that meant I was stupid that I got a C average.

It didn't cross my mind that that must mean I was pretty smart to be able to skate through UCLA without studying. So that negative yammer needs to be called upon every day to question, is it really true? Why am I stopping myself from going forward? Is this really accurate information I'm feeding myself or is this the residue of the unconscious allegiance that I made to the environment I grew up in

**Jim:**

And the final one for this call anyway is a chronic feeling of being stuck. You try, I used to say to myself, I am someone who has to race to get to the starting line. I always felt stuck and so as a consequence I could not make any accurate self-assessment.

I can remember when I was applying for jobs as a young man and they'd say, what you expect to be paid? I have no idea but more so that I have no idea. I had no idea about having an idea. I was so disconnected from who I was. So there are signs are there signs all over the place, but that feeling of being stuck is really critical. And then watch for the complaints and the bitternesses and the cynicism that you have about the world. Because if you watch, like I used to, uh, say, you know, you'd say something like, how could he ever have managed to become that kind of person? Well, in that kind of statement is really the question of how come I am not managing to become that kind of person.

**Judith:**

Baeth, one last point in relationship, a couple of other cues that can tip you off is if you're starting to feel bored, then you can know you're holding back. You're not being vitally present in that relationship. And the same thing's going on with your partner. You're holding back. If you find yourself slamming into a lot of conflict, a lot of blow up fights, you're trying to solve things by overreacting, by over addressing issues because



at least you feel alive in all of that screaming and yelling and so forth. But it's destructive because it's still being driven by the same negative force.

**Jim:**

And it's also not on point,

**Judith:**

Right? So it will still not lead you anywhere constructively, but it is livelier than the withdrawal. So when people are emotionally cheating on their relationship, we're not talking about sexual cheating at all, but when they're emotionally cheating on the relationship, which is the number one thing that brings relationships apart – they're not speaking the truth; they're not showing up fully; they're not asking for change when it's necessary; they're not filing their complaints when they feel it; they're not asking for what they want, whether it's sex or a dinner out or a conversation or a game of ping pong. All the hold back are emotional cheating. And it's the number one signal symptom of self-rejection and what brings relationships down.

**Jim:**

And as Judith said, it's not cheating on the relationship, although it is, it's fundamentally cheating on yourself. And that can be traced back to way profound self-projection where you run out completely locked in to a situation of being inexpressive. And that of course leads to either depression or rage or whatever.

**Baeth:**

So I have a theory about this and I want to toss it out to you too because you're the experts. When we're children and we realize that we're not going to be accepted for being fabulous and given our whatever our personal personality construct is, we then develop all these ways to self-reject. It sounds like they get imprinted. So as an adult we're running them unconsciously almost because our life depends on it.

**Jim:**

Baeth, I would say that that's far more than a just a theory. That is a perfect description of how patterns get established. And if you take a look at your life patterns, if you're in a position where you're uncomfortable or you're dissatisfied with where you are and you

take a look at your life patterns, those as though they were a movie as though you were watching someone else's life to sort of keep them at an arms' length.

Those life patterns are the technology, the skills, the choices, the attitudes, the adaptations you had made to keep some unconscious, legible legions in place. And that in fact is far more than theory. It is. The repetition is the signal.

Now we are humans, we will repeat, we are not infinite in the sense that every day brings something radically new. Or otherwise, at least in this particular life, we would be too chaotic. But we're talking about those negative patterns that keep you restricted and keep you constrained as opposed to patterns that allow you to be more expressive and open and adventure into self- discovery.

**Baeth:**

So why do you think this self-rejection is so rampant? Why self-rejection versus self-celebration? How is it that humanity has taken this on with such fervor?

**Judith:**

Well, Baeth, I used to say that we were still in the dark ages of parenting. We're coming out of it a little bit more and more people do take parenting classes. More and more people do read parenting books and question how they were raised themselves. And the fact is that most parents do the best that they can and they believe that what they're doing is loving their children and they are to the degree that they can, but they are hampered by how they were raised.

So universally, we're still struggling as a society with the fact that people don't understand very well that their children are not going to be clones of themselves. That their children come in with distinct personalities, distinct characters and distinct desires and goals in their lives that are going to be very different than what mom and dad might want for them.

So given that, moms and dads who want the best for their kids, typically, and it's changing a bit, try to form those kids into their idea of what the kid should be instead of allowing for that daughter or son to unfold in his or her uniqueness.

And so that is what is epidemic. And as a society, we still have a very strong acceptance of abuse. There would be no way in our culture that we would have Judge Judy or Jerry Springer or other Dr. Laura or Married with Children and all kinds of sitcoms that are nothing but put-downs, nastiness, putting somebody on the spot, tripping somebody up. We wouldn't permit that for a second. If our culture was sophisticated and conscious enough to say that's abuse, we will not tolerate it. But instead it is popular and everybody laughs and they laugh because they don't know better.

**Jim:**

You know guys, I don't often make religious religiously oriented references, but Jesus, his fundamental principles were love God and love each other. The rest of it was important. But that's the foundation of everything.

Well, personally I'm not so sure about loving God because I don't quite know what that's all about. So that's just my personal perspective. But loving each other is absolutely foundational.

I don't believe that many people and myself included, I'm not excluded from this, really understand and know how to love. I think that's an evolutionary development. And also because we yearn for this love or another way to say it is we yearn to be respected and seen and heard and valued. We yearn for it. We don't get it. And because we don't get it, we then fantasize about what it could be, which takes what we've had to size up and uprooted out of reality and then it disappoints us. It's inflated and it collapses.

I don't think that we humans know much about real loving, loving based in true reality. But although I do say that, uh, as in in my lifetime, uh, I had seen a lot of writing heading in that direction.

But generally speaking, I don't think we know the first clue about how to love someone in terms of the other person's unique individuality and receive love from that person, loving us back for our own.

**Baeth:**

So if I were to ask you both what you think the top three keys are to loving, what do you think they are?

**Judith:**

Number one, absolutely. Number one is that the other person is not you.

The fantasy of love is that we're going to be alike. It's going to be falling in love, falling blindly in love and imagining that you'll just think alike, feel alike, you'll want the same things. And often in that honeymoon rush, it feels that way.

But then when the conflicts emerge, people are in shock. They decide that something's wrong. They very often bail out of relationships that could be quite good, if they could remember, if they could know in the first place the other person is not me.

And that person's beliefs, feelings, behaviors are just as important to him or her as mine are to me. Now we are on solid ground on the ground of reality and we can then go

forward because after all, what would love be worse if Jim was just like me and I loved him, so that would just be narcissism.

But because he's different from me, when I love him, I have to open myself. I have to expand my capacity to wrap myself around his reality and not just my own.

### **Jim:**

The second key, I'm not sure these are in any order of priority, but because the other person is not you. You will run into conflict, if conflict is understood in the old tradition, which is somebody wins and somebody loses.

Conflict is horrifying and crippling. But however, what conflict really, really is, if you take a deep look at it, it's a signal. It's like an SOS. It's a flare. It shoots up out of the relationship and says something needs to be changed. Pay attention.

Now, one of the reasons it rises to conflict is because given who we are and the limitations of being human, we haven't been paying attention, although the issue has been percolating and so it has to get our attention by sort of smacking us in the face.

If people understood that conflict is really a favor from the relationship and that doesn't mean that there isn't perverse and malevolent conflict, but that's not what we're talking about and malevolent conflict from our perspective is just an extreme of what we're talking about.

But when the level of conflict arises like a domestic violence situation, that has to be put to an end before any other progress can be made. It's like going into Alcoholics Anonymous. You can't succeed there unless you stopped drinking.

But short of those extremes, conflict is really a signal from the relationship that says pay attention. You need to put your minds together to make something new that will satisfy the both of you.

So the first one is the other person's not you.

The second one is conflict is going to happen and it can be a treasure.

### **Judith:**

And third, and this covers a lot of ground, but a lot of people don't realize that in order for a long lasting relationship to be successful, satisfying, and really wonderful, they have to be romantic on a daily basis.

And by that we don't mean sexual, we don't even mean huggy, kissy necessarily. But so many people let their relationship erode because they stop having fun. They stopped being funny, playful, silly. They stopped giving gifts, they stop touching each other.

They stopped caressing each other, dancing in the kitchen while they're making dinner, blowing kisses at each other across the table, while three kids are yelling, whatever all it might be, to keep romance alive, to “make love out of bed” is what we call it. That is so essential to stay connected in a way that's enjoyable, that keeps an edge. It keeps the excitement going that you never know quite what's going to happen, but it's fun.

**Jim:**

And here's a bonus number four bonuses, and that is that part of the foundational reality of this experience in life, in this universe, on this earth. There's a progressive arc to our lives.

We are born, we grow, we peak, we began to come apart and we leave. Now relationships and love and affection are the same. Relationships change.

The way two people relate to each other over time changes. Unfortunately we have a deep prejudice in Western society that wants things to be held permanent and never changing. And I think that is absolutely asphyxiating to a real life.

But for Judith and I, our relationship in 18 years, 19 years has gone through at least three to four major changes. And we have had to re-structure the relationship. We've had to re-understand who we are because we are not who we were 19 years ago. So we can't possibly love each other now the way we did then.

And when people understand that, then the progress and the process of a relationship becomes very exciting, although demanding because you have to pay attention. But the, the bonus is that relationships change and that's a good thing.

**Baeth:**

Thank you for that. Those are good, incredible tools.

So what I'd like to do now, and this is what I'd like our wonderful volunteers to do, is think of one relationship question they'd like to ask. And then Judith and Jim will laser coach you on it. So what we'll do then let's, we'll just have Masha come on. Marsha if you'll hit six and come on.

**Marsha:**

Hello there.

**Judith:**

Hi Marsha.

**Jim:**

Hi. Hi Marsha.

**Baeth:**

Marsha, what's your question for Judith and Jim?

**Marsha:**

My question is how to bring more romance, fun, and playfulness into my relationship.

**Jim:**

Before Judith answers. I just like to say that in a number of years ago we did a national survey of 6,000 men and women and we asked what's the one single most important thing you want to know about relationship or what's your most important question? I don't remember exactly how our question was phrased.

But the answer in 83% of the cases was how do you keep romance alive?

**Judith:**

And Marsha, how long have you been in your relationship?

**Marsha:**

Two years.

**Judith:**

Two years. And do you find it difficult to express affection? Not, I don't mean kissing and hugging so much as speaking with, for instance, one of the things that Jim and I really love to say to each other because it's true, is I love living with you. Now this is 19 years later. Is that something that would feel right to say?

**Marsha:**

Oh yeah.

**Judith:**

Yeah. And are you playful? Are you silly? You goof around?

**Marsha:**

Uh, yes, some extent. Because um, my uh, boyfriend and I work. A lot of times we're working, like right now we're working at opposite hours. So there's also, you know, just the schedule of it too.

**Jim:**

And so let me ask you a question then, even what you were asking and that is what is it that's not happening for you?

**Marsha:**

Oh, I'm really just spending time with each other and going out on a date and sitting down and talking.

**Jim:**

Now why is that not happening?

**Marsha:**

I think it's mostly time, time and financial constraints.

**Judith:**

We all, of course, sitting down and talking doesn't cost anything.

**Marsha:**

Right?



**Judith:**

Going out and having a cup of coffee doesn't cost anything. So what's holding you back from inviting your guy to take a stroll to go have, you know, just go have a cup of coffee and sit and talk?

**Marsha:**

Probably thinking that he wouldn't want to do that with me?

**Judith:**

No?

**Jim:**

He wouldn't what? Say it again.

**Marsha:**

He wouldn't want to do it with me.

**Judith:**

And why is that Marsha? What's the belief that you think he wouldn't want to do that with you?

**Marsha:**

Oh, that I'm not good enough. Why would you want to spend time with me?

**Judith:**

Okay. There it is. The fear of being fabulous. Where did you learn, if you look way back into your life, where did you get the message that you weren't good enough?

**Marsha:**

Oh, surely my childhood.

**Judith:**

Can you say a little more?

**Marsha:**

Um, yeah, I think it really goes back to my childhood. I had a younger brother. I'm the oldest. My younger brother was the one that was like the smart one and did really well in school. And everybody recognized that, and that wasn't my role. He was better in those things. So I put myself second.

**Judith:**

And Marsha, how is it that he was allowed to shine and you weren't? What was your role such that he would shine?

**Marsha:**

I was the diplomat and peacekeeper in my parents' marriage.

**Judith:**

So being a first-born you were [inaudible]

**Marsha:**

And taking care of my brothers.

**Jim:**

Your parents' marriage was not so good?

**Marsha:**

No.

**Judith:**

So you had to be the only grown up in the family

**Marsha:**

To some extent. Yeah.

**Jim:**

But on the other hand, given the position that you were in, why would you, and I, this is a very serious question. Why would you expect your guy to want to go with you?

**Marsha:**

Why would I expect it?

**Jim:**

Yeah. You say you don't think he would want to be with you? But given how you grew up, you were second fiddle to the kid that you were not appraised and appreciated and recognized for yourself. You had to be focused on them. The other than being the parent and the brother you essentially were emotionally invisibilized. Where would you find it inside of you to say, Hey, sure, he'd want to go out with me. I'm a terrific person.

**Marsha:**

Oh, yes, yes. In my heart, yes.

**Jim:**

Yes. That's true, in your heart. That's true. I am not denying that. But what we're saying with regard to what we're calling the fear of being fabulous is conscious content and conscious intent has, is completely trumped by unconscious commitments and pledges of allegiance.

**Marsha:**

Absolutely.

**Jim:**

Always. So deep underneath when you were so candid, and I appreciate it, by saying, well, I don't think he would want to go out with me. Why not? And it, well, you can't come up with a rational argument by saying beautiful by them, sexy and vibrant

enough, fascinating. Because the real answer is why not? Oh, well, because, uh, you know, uh, there isn't much to me.

And why isn't there much to me? Well, because I've spent my life giving it away to other people or some such kind of understanding that then can be changed around so that you can have it within you to say, I'm hot stuff. And he looks at it and says, yeah, I want to go out with you.

You follow this?

**Marsha:**

Yes, absolutely. Yeah.

**Judith:**

And this is what we were talking about earlier in terms of negative head talk.

And this little voice saying ... Pardon me?

**Marsha:**

Oh that's definitely me. I completely resonate with that.

**Judith:**

So what we want to strongly suggest you to do is pay attention to those voices and be suspicious. Question them and test them. Testing in a relationship is really, really, really important. So I want to ask you for a public vow in front of Baeth and everybody else that you will in fact within the next seven days, ask your boyfriend to go out and just have a cup of coffee with you.

**Marsha:**

Okay. I vow to ask my boyfriend to go out and have a cup of coffee.

**Judith:**

Congratulations. And even if you're nervous and scared, you can tell him. You know, I, I, I made a commitment to myself. I was going to do this and it makes me really nervous and I feel really squirrely about it and I'm even going to tell you why. But would you just take me out to Starbucks cause we just walk down the street and go have a cup of

coffee. And you can be darling about it. And then tell him what happened. [inaudible] see how you reacts.

**Marsha:**

It sounds good. Thank you

**Jim:**

Marsha, and for everybody listening, when I said earlier that it was a skill-set, Marsha used the word role. Role/skill-set, same thing. Think about a movie. Think about any movie that you've seen that you really like and think about the character that you were watching. That character has been designed to particularly fit into the environment of the film so that the conclusion of the film could be reached.

If for example, being ridiculous. Let's say, uh, uh, I'm thinking of some Braveheart which is one of my favorite movies, Mel Gibson. But let's say that Mel Gibson decided that the character William Wallace said he was playing was coward. Well then that's a skill-set that will not make that film work.

When Martha says that she was, she was the non-recognized child. You learn behaviors, you learn attitudes, you learn relationships that sustain and support non-recognize child. Then she was the moderator in a bad marriage of the parents. You learn skills, how to moderate your skills. How to keep them away from each other, or perhaps you get in when they're at each other and you separate. But none of those skills are there that are showing you what's valuable about you. So when I used the word skill-set and role, I just want to illustrate, given Marsha's example exactly what that means and how you, you can find it in your own life. Overcome the fear of being fabulous.

**Baeth:**

Right. Overcome the fear of being fabulous and open your mouth and ask for what you want.

**Jim:**

I want a cup of coffee at Starbucks . Yeah, he is fabulous in the circumstance. Exactly that you don't again have to be Bill Gates. You can just have a cup of coffee at Starbucks and practice being fabulous in your own life.

**Judith:**

And you're fabulous. Even if your guy says no and you ask him why. And he says, well, I'm just not into doing that. And if you say, let me just check this out so you're not into, that is more important than what I want. You're testing and that's being fabulous. That's speaking up, that's getting out there. And if, and of course Marsha we don't know anything about your relationship, but if this happens over and over and you need to move on and your guy's not right to you, he can't give you the kind of affection you need. That's fabulous. You succeeded. You checked it out, you moved on, you took care of yourself.

**Baeth:**

Thank you Marsha.

**Marsha:**

Thank you. That was great.

**Baeth:**

Okay, let's move on then to Nicole.

Nicole, are you with us? Just hit six to come on.

**Baeth:**

Hello Nicole. So what is your question for Judith and Jim?

**Nicole:**

The question I have Judith and Jim I really enjoyed it by the way.

I think one issue I've had in my relationships even though it's gotten a lot better is how I can improve on saying what I want to my husband without fear. Even though my fears diminished dramatically. Um, I came from a place, a lot of criticism and being defensive and that seems to continue to get in my way even though he's very open with me.

That seems to be a struggle that I still have in being as intimate with him as I like.

**Jim:**

Nicole, I'm going to go at this in a way that is sort of reverse of what you might or what people might expect. When you say, how can I improve? It's not about improving, for example, the skill somebody might give you, some people would actually give you lines to say. Well see this or see that or you know, leave a note in his, in his briefcase or as lunchbox or whatever the case.

Those are techniques that can work in due time. But the question I want to ask you is what is it that you are afraid of in the moment when you want to say and ask him for what you want or speak your mind? What is the fear?

**Nicole:**

The fear is that it won't be taken seriously. And also fear that what I want am want to asking is perhaps not worthwhile.

**Jim:**

Okay. Where did you learn that your desires are not to be taken seriously.

**Nicole:**

From my parents.

**Jim:**

How did you learn that?

**Nicole:**

Through a lot of criticism and not being able to just pretty much say anything or ask questions.

**Judith:**

And it certainly sounds like you grew up in a family similar to mine. So I want to say, I want to congratulate you on finding a man that you married who's not like your parents.



**Nicole:**

Thank you. I really did. And I married late.

**Jim:**

Even what we're all talking about, marrying late is not such a bad thing, right?

**Judith:**

Have you talked with your husband about this fear exhausted out on the table?

**Nicole:**

Yes. Oh, everything's on the table.

**Judith:**

Great. So what I want to encourage you is to really understand that this is now going to have to be a discipline. And at the root of the word discipline is disciple and disciple means learner. So however you can help yourself, even if it's, you know, tapping your husband on the shoulder and saying, okay, I'm practicing now, get with me, I'm practicing, you know, I need to ask you for so and so. It makes me, quake makes me nervous. You know, you may start laughing at this point, but to just practice and practice and practice this consciousness that you are betraying your past, you are leaving home and you are committing yourself every single time to your marriage in a way that is so important.

**Nicole:**

Great.

**Jim:**

And Nicole, I have a question for you and I would like you, if you can just say the first thing that comes into your mind. Why do you believe that you're not worthwhile?

**Nicole:**

First thing comes to my mind. Um, the thing that comes to mind is just that my parents are, are still such powerful figures in my life.

**Jim:**

Okay. Now, let me ask you this, why haven't you emotionally left home?

**Nicole:**

Hmmmmmmmm.

**Jim:**

Hmmmmmm, is right. There is the answer right down there in that hmmm.

I'm not asking you for an answer and you got the answer--hmmm. You got to take and let it lead you where it is that needs to take you. Okay. Okay. Because the fact is you are still their child living in their home to the degree that you can't ask for what you want. You are still their little girl. And that's a choice you have to make to leave home. And when I say leave home, I don't mean move to Toledo. I mean leave emotionally home so that you can actually recognize your value and begin to in Judith's terms, become a discipline yourself. Create a skill-set that has to do with your value and the reality of who you are. But that is a choice.

And the part of the problem is as children, regardless of the negation that we received from our parents, there is a biological connection that we form with them, particularly when we are pre-rational. So that say zero to seven years old approximately, we make decisions that are based in an act of love toward those people because that's our initial connection with them. We are not sufficiently discriminatory to say, wait a minute, they're crazy. I can't give them love. We just do it.

And then somebody like me comes along and says, why don't you leave home? One of the answers is because my residents, my emotional residents in the home right now is based in an act of love and who would want to give that up.

But you must, you must break that rudimentary pre-verbal to some degree, pre-rational to some degree sense of loving them and the connection there because the truth of the matter is they did not love you.

And that's not to say they're bad people.

They may be bad people. I don't know them and I'm not trying to condemn them. All I am saying is you did not get recognized. You did not get love. You did not get appreciated for who you are. You were not loved. Why would you want to continue the exchange of love and return?

And that is a decision that no one can tell you how to make because that's a creative act. That's one of those aha moments where something internally shifts. And what I'm

asking you to do following Judith's lead is discipline yourself to practice with your husband who sounds marvelous. And practice internally make the commitment that you're going to leave home and then you're going to have to figure out how to do that because that is deeply personal.

**Nicole:**

Yes. Thank You.

**Judith:**

Thank you for being so courageous.

**Baeth:**

Thank you Nicole.

And uh, Judith is it alright if I mentioned some of your hand information.

**Judith:**

Sure.

**Baeth:**

Um, what's fascinating is you and Nicole share the same life lesson, which is to own your power in the world. And in fact, Nicole, on, on notes from various sessions we've had, I have in quotations, quote, battle with parents un-quote. So one way to think of this life lesson that can show up as powerlessness, feeling overwhelmed, feeling trapped, feeling defensive. Defensiveness is one of the behaviors linked to bury power is that the parents are still in some way the God-like authority and the challenge is to find your own authority, like where does your authority come from. Where is your authority coming from?

**Jim:**

Baeth, you just said something that's very real. It's a God-like authority. He's the ultimate authority and all of us, all of us have difficulty trying to overturn going up against and overturning the ultimate authority. Joseph Campbell was called that the hero's journey, he applied it to males mostly, but it applies to males and females alike.

We have to be able to hold up the reserve and the strength that we need to go up against the ultimate authority in order to become an authority of our own. That with males is say in the lion kingdom you use a rather arm's-length example that make it obvious. The alpha male holds the pride together and eventually some junior male has to go up against the alpha male. That is just how life is. The symbol of that meaning you have to go up against that which is ultimate in order to be able to find your own and spiritual teachers across all the history have said there's no free lunch.

You don't get a spiritual move without the enterprise.

**Judith:**

Nichole, what I had to do with my parents. I had to train them that they would treat me the way I insisted on being treated or I would not talk with them on the phone. I would not come to visit. I would walk out of restaurants if need be. It took about two years once I got clear about this for them to shape up and become parents I could tolerate being with so that I could count on that they would not attack me. They would not scream at me, they would not put me down and I hung up the phone on them numerous, numerous times. Walked out of restaurants, Jim and I did.

So it may take some real heroic spiritual warrior behavior, but remember that you are the adult. They are behaving like children.

**Nicole:**

I've done that. Yes, I have to keep doing it.

**Judith:**

Keep doing right, you have to do it 100% of the time so they don't get confused.

**Nicole:**

And the hardest thing is my two sisters don't.

**Judith:**

Yes, my brother, my brother didn't. But that just will strengthen your resolve that you have to do it because that's how powerful you are. Okay?

**Nicole:**

Okay.

**Jim:**

And everybody listening, there is no blame in any of this at all. If you get into blame, you are crippled, you are giving yourself away. Again, there is no blame here. We are all doing whatever we can do and we do it to the best of our ability as screwed up as that may be at times we just do what we do. You have to find what you need and then follow your follows, your fabulousness that follow your fabulosity and go for it because that's the only way you're going to establish your own authority.

**Nicole:**

Right. Thank you very much.

**Baeth:**

Well thanks Nicole.

Judith and Jim, anything you'd like to add before we wrap up tonight?

**Jim:**

I would just like to say that two people are always co-creating their relationship from the first moment that they meet. Either they're doing it overtly by asking or not asking. Or they're doing it covertly by rolling the eyes or doing something that so that when you get to a point down the line and you're dissatisfied or satisfied, but generally dissatisfied with your relationship, you can understand and know that you can change it because you're the one who made it. It did not happen to you. I want to go back to the beginning idea of this evening when you are other oriented and self-projected, life feels like it's happening to you but it's not even in that case. So two people are always co-creating the relationship and they are 50 50 responsible over the long haul.

**Judith:**

And I would just like to leave everybody with already with the idea, that Jim and I are recognized and created in our first book, which is *The New Intimacy: Discovering the magic at the heart of your differences*, and that is this, that when true love is present, all that

has never been allowed before will come to the surface because it can. And because it must, it can, because true love is present.

And it must because all of you has to be loved for you to come into your fabulousness. And that's what these solid, wonderful relationships offer us is the spiritual healing of being able to little by little, come forward, break through the bounds that have been holding us back, grieve whatever we have to do to go through that and be loved and be held in that relationship so that we come fully forward to be fully fabulous.



## Summary of Key Points

The top four keys to a loving relationship are:

1. The other person is not you. As a result:
2. Conflict is going to happen and it can be a treasure.
3. It's important to be "romantic" on a daily basis. To make love out of bed, daily romance can include being affectionate, having fun together, being playful and silly, giving little gifts, leaving love notes around the house, etc.
4. Relationships change and that's an important thing to remember.

