



# EXTRAORDINARY ANCHORING WORKSHOP MONTH #1

## Control

Control is a masculine quality and that is why men resist it. They “hate” being controlled. It turns them off. So as women embodying femininity in our relationships, the biggest monster we have to deal with is our unnecessary urges to control.

## What is control?

Control is trying to influence an outcome in our favour. Trying to make something happen, trying to get someone to act in the way that is favourable to us or what we want. And then of course, when things don't go our way, we feel angry, bitter, resentful and get plain reactive.

## Visualization

Control energy feels like grabbing him by the collar of his shirt and demanding something from him or something we think he should deliver or dragging him down the path of what we want.

It is important to note how this “feels” vs. how it looks to understand the experience your man has when you try to control.

## So why do we control?

## Reason 1) When we're afraid.

Most controlling urges are fear based.

Let us give you an example.

→ You tell your husband / partner you want more re-assurance on your body. You're afraid he doesn't find you attractive enough.

→ You tell him he should spend more time with you because you're afraid he is slipping away or will find another woman.

## Reason 2) When we have entitlement / expectation energy.

When you tell your man how he should be giving you more compliments because this is how it's supposed to be.

When you tell your man how he "should be" getting you more gifts.

How he should be serving you dinner on the plate first at the dinner table.

All of these demands (wrongly confused by us as "needs") stem from entitlement energy.

## Reason 3) Judgement Energy.

We control when we're judging our man and coming to him from a superior place.

→ When you tell your man he should play less video games

→ When you tell your man he should spend less time with his friends.

→ When you tell him to stop being a scared chicken and how he should stand up more against the family.

→ When you tell him to stop being a complainer and be more positive (just like you are).

This again is "should do" energy. He feels like you're his teacher, coach, therapist, all energies that don't turn him on.

Remember, we're talking about intimate relationships and how to make them flourish. If your fundamental needs (like regular communication, sex, affection, being treated well) are not being met in the relationship, then you're not in a healthy relationship and you need to re-consider why you're there and let the man know that you need the following to be satisfied.

What we're looking at here is that if fundamentally you have a good man who treats you well, then addressing control issues is about you going deeper within you.

## **Difference between needs and control**

On a daily basis, assuming most of your needs are met in the relationship.  
Deal breaker – non negotiable.

**Love is given freely.**

I can't remember the last time Chris did something just because I expected him to do.

## **Strategies to Give Up Control**

### **Visualiation**

Allowing the energy of expectation and control to leave from your palms.

Happy relationships, 80% of the time, you're giving up control.

### **1. Letting go of the small things.**

Make a list of everything that is pissing you off right now. See what you can let go of and accept.

### **2. Letting go of having things my way.**

The smaller things. He wants the Mexican restaurant and you said you wanted Italian and he still doesn't want it. Let it go. Go with his choice. It's not a big deal.

### **3. Accepting him more for who he is.**

Ask yourself – What can I accept that I try to change about him that doesn't work?

#### **4. Letting go of feeling “hurt” when things don’t go my way.**

Him doing his thing and not doing your thing once in a while doesn’t amount to -

He doesn’t love you.

He doesn’t care for you.

Reframe these negative conclusions into positive.

Start seeing him as an individual who has the right to make those choices and don’t take every little “no” personally.

#### **5. Feeling more empowered when he CHOOSES us vs. is forced to choose us.**

Be proud when your man does something for you out of choice and moves towards you out of choice.

**Note: 20% of the times, when something really matters to you, you’re allowed to take ownership, step in and ask for what you want and ensure it’s met.**

“Picking your battles!”

# HOMework

## Regular Journalling and sharing on the group

- 1) List of 5 little things you can let go of in your relationship that are pissing you off right now.
- 2) List of 5 things you can accept more about him.
- 3) Turning around 5 negative conclusions you make when you “get a no” or he doesn’t do what you want and reframe them into positives.

## Program Review:

*Soulmates Forever* – Training Call 2

*Attract Your Soulmate* – Training Call 2