



In stage 6, we've been talking about what kind of **relationships** you want to have, what are relationships to you, and how do we really **learn** about our relationships. Let's dive in even a little deeper.

Join me in the next video, and we will really **get clear** about our relationships. See you there.

Continuing what I said in the previous video about my five values, my fourth is **trust**. You have to **trust yourself**. And trust also **starts with the self**.

When you get to **know yourself**, when you really get to **spend time alone**, you start to trust yourself. There's nothing better than **self-trust**. It's the **foundation** for who you are because you will be able to trust yourself to say “yes” or “no” in any situation that presents itself—no matter how painful that experience might be.

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But you'll no longer **negotiate or compromise** who you are for another just because you don't want to hurt somebody's **feelings**, or as a people pleaser, you want to make it **okay** for people. And that's where we lose our self-trust.

Our **inner little human** inside needs you to trust. She needs to know that you're going to make **good decisions** on their behalf.

That **small, still voice inside**, that little person inside, your **little girl or boy** that lives within needs to know **you are making good decisions on their behalf at all times**. That's where self-trust really stems from.



So trust starts with the self.

Can you trust yourself? Do you **trust yourself**? Are you saying one thing and doing another? Or do your **actions** follow through with your **belief** and what you want to bring in?



Don't forget, whatever it is that you are looking for in another, you have to make sure that **you are showing up in that way**. That is **not negotiable**. You can't look for something in another if it's not already in you.

How do you know that you can **trust another**?

When you trust yourself, you automatically open up a whole new dimension of **communicating and aligning** with people who are **trustworthy** with their word and with their actions to follow through. It's a **beautiful journey** to watch and witness.

My fifth value is **honesty**. So honesty, once again, **starts with the self**. Are we honest with ourselves? Because it's easy to lie to ourselves, and we don't even know we're doing it—we really don't.

When it comes to being honest with ourselves, the thing that I want to say is: “**Is your outer life mirroring back to you what you want**? Are you experiencing in your outer life everything that you are? Is it **joyful**? Are the people in your life **trusting**? Are they showing up **trustworthy and honest**? And are they fun to be with? I mean, is your outer life what you want?”

Because if it's not, then there are some areas within you that get to be shored up. The only way we can **see through the illusion** in the lies that we tell ourselves based on social conditioning and programming—it's all



subconscious programs—is **looking at the mirror** in front of us. How is our outer life **mirroring** back to us? What is it mirroring back to us?

Don't forget, whatever it is that you are looking for in another, you have to make sure that **you are showing up in that way**. That is **not negotiable**. You can't look for something in another if it's not already in you.

If you don't like what you see in the mirror, then it's **time to look within** because that's where you have to **get real and honest with yourself**.

And it's a **journey**. It's not something that happens overnight.

So on this video, to really fine-tune your relationships, first, you have to **get very clear on your top 5 values**. What do you value the most?

What I did with my top 5 **values** is I laminated them and put them in my wallet until they became **second nature** for me. Now, it's something that I **check in**.

We're really good at lying not only to ourselves but to one another because we **meet** each other when we're our wounded selves. And you have to **check in with yourself** and say, "Is that a **fit** for me? Or is that not a fit for me? How does that really fit me?" And **own** it.



So you have to get really clear on those top 5 values and then let those be **not negotiable for you**.

If those top 5 things are not in place for you, you can say "yes" and fill up your **space** with half relationships and half life experiences. They might **fill**



a **void** for a while, but eventually, they get stale and old, especially when **you get clear on who you are and what's important to you.**

So I challenge you to do this process: **Come up with your top 5 values** and **spend time with yourself** before you start looking for it in another.

Check in with yourself: Are you **aligned** with your 5 values? Do you communicate “these are mine”? Do you **communicate** your needs to others? Do you say what's in your **soul**?

I had an experience recently about a **belief system** that our kids have around the **holidays**. I might have said something to a **friend** all of a sudden, and I thought, “Oh no. Was I on speaker? Did the kids hear me? And did I just blow us a whole thing?”

When you trust yourself, you automatically open up a whole new dimension of **communicating and aligning** with people who are **trustworthy** with their word and with their actions to follow through.

I could have brushed it off, not said anything, and just gone about my day, but I knew that wouldn't **feel good** to me.

So I said, “Uh-oh. Ha! ha! Did I say something I shouldn't have?”

Right there, at that moment, I could **trust myself to say what's on my soul** in that hot minute. I know I'll do it because I just would not live a half-life any longer. It's easy to do—it's so easy to say “yes” when it's a “no” or a “maybe,” but **I won't allow myself to do it.**

It's being **vulnerable**. That situation with my friend put me in a **very vulnerable position** where I just wanted to cower down and hide under a rock. Instead, I'm like, “Nope, let's just have this **conversation** now because **I value and cherish this person as my friend.**” And I wouldn't



ever want to show up in any other way than with **full respect in all the values** that I hold so dear to my own heart.



So, really **check in with yourself**.

Nobody else can do this journey for you. You have to want it, and you have to really want it because you will be **tested and challenged along the way**—every step of the way to go running back to **safety and security**, and to live half a life.

When **you get comfortable being uncomfortable** and all the things that trigger and ignite those aspects within yourself, it's stepping into those places and really **aligning with the truth of who you are**. What will happen is you will mirror it right back to you with your **friendships and relationships**. And if you choose to bring in that **significant partner**, there is a recipe for that.

I have witnessed and walked quite a few of my clients out of toxic and abusive relationships into **magnetizing** to them their **divine soul partner**. I have a pretty **good track record** with that.

When it comes to being honest with ourselves, the thing that I want to say is: **“Is your outer life mirroring back to you what you want? Are you experiencing in your outer life everything that you are?”**

I just want to share that because we really do get to **create the life we were here to live**, and you really did come here to live the life you were born to live—one that is **filled with love and joy**.



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Healing Toxic Relationships - What You Say Yes to in Relationships Part 2

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