



EPISODE 60

Chris (XE) Seiter



DATING YOURSELF DURING THE NO CONTACT RULE



Chris:

Hey there and welcome to a very special episode of the ex boyfriend recovery podcast. As always, excited to have you here today! Now, you might be sitting there wondering "Well, what makes this episode any different than any of other episodes I've seen you do?" Well, this is actually the very first episode where we have featured a guest. Yes, I interviewed another dating coach much like myself. A woman by the name of Veronica Grant.

Now, this girl really knows her stuff when it comes to dating, relationships or just staying present. She has created this fascinating philosophy when it comes to dating and I think it's something that you can definitely benefit from if you are doing a no contact rule. So, what is this mindset she has created? Well it's the date yourself mindset. Essentially treat yourself as if you are dating yourself and I think this is something like I mentioned that you can really benefit from if you are the in midst of a no contact rule.

Now, Veronica like I said knows her stuff and I took the liberty of recording a video interview between the two of us. So, you can obviously listen to that on the podcast through Itunes or if you are kind of a more a watcher, you can watch that on Youtube as I am obviously recording all of these podcasts episodes and posting them to Youtube. So, right after this break you're going to hear from Veronica and myself. Enjoy!

Chris: Alright. Hi Veronica! How are you doing?

Veronica: I am great! How are you?

Chris: I'm doing good.

Veronica: Good.

Chris: So, tell me a little bit about yourself. What is--How would you describe yourself?

Veronica: Oh my gosh! How do I describe myself? Isn't that a question we're all asking ourselves?

Chris: Right, right! Describe yourself in two--no I'm just kidding!

Veronica: So, I guess, you know what I spend most of my time doing is I'm a dating mindset coach. So, I help women kind of get out of their heads and date from a place that's more empowering and more authentic and more fun for them so that they can attract the relationship that they truly desire.

Chris: Awesome!

Veronica: So, in a nutshell!

Chris: Yeah, you know one of the things that I really thought was interesting about you is the fact that you are also a yoga and it's sort of like-like initially when I was doing my research on you I like looked you up on online. I typed your name in and up popped like you know how they have the Google local results--

Veronica: Umhmm.. Yeah.

Chris: of like your yoga or your yoga classes or whatever so, I was--

Veronica: Yeah, you could tell. I just got back from a client. So, I kind of have two businesses. I have a private yoga business that's local in Dallas and then my dating coaching business which is you know wherever you have an internet connection [laughs] and a phone. So, yeah and then just recently I've kind of have been toying with kind of merging the two together because I find myself really drawing from a lot of the philosophy and some of the tools in yoga for my dating clients. You know, I mean just like the philosophy is--you know the yoga is like this whole lineage and many--you know, lots of books and philosophies around this so, I'm pulling from that but then also some of the practices like, some of the breath work and then meditation techniques to help women just to really focus and present even if you know, everything feels like turmoil or like you're on a roller coaster. So, I've actually started working with a new private yoga client who actually has some issues around dating and rela-

tionships. So, I'm playing with their--and merging the two together and we'll see what comes of that.

Chris: Yeah, I was going to say it's like an interesting synergy between the two and I know one of the things that is really big on exboyfriend recovery is I talk a lot about the no contact rule. Like after a break up it's kind of important to have this time where you kind of heal yourself. I'm always finding that people really, really struggle with focusing so much on their selves because they focus so much on their exes and I am always trying to say like, "Well, pick up a new hobby or something." I think actually yoga is like an excellent way to kind of keep yourself occupied and not think so much about the breakup. So, it's interesting that you found the synergy between yoga and dating.

Veronica: Yeah.

Chris: Did it just kind of happened organically or was it like you had a client that had some dating issues and you thought you could like give them some advice?

Veronica: Yeah, so it's funny because this has been-- you know my business is almost two years and pretty much from even before I started my business I was thinking, "How can I combine the coaching and the yoga?" And it's always been a struggle because it just--you know one was very much a local business. You know like yoga-- there's some online.

Chris: Yeah, it's not like you can travel across the world for a yoga client like Abu Dhabi or something [laughs]!

Veronica: Exactly. So, you know this is something that I've been trying to figure out for a really long time and it kind of just started happening organically. I just found myself you know on my group program, the dating mindset bootcamp. There are six modules and each module actually starts of with a meditation and a visualization that's focused specifically on the you know, the tools and the techniques and the things that I'm teaching in that module. So, that kind of started happening and then when I started working with this private yoga client and again she's local and you know, she was having some sort of all that dating and relationships and it just kind of came up. And it got me thinking you know, about how yoga is a really powerful tool to

deal with the emotional turmoil of dating and especially even with break ups too because--you know it's funny because actually earlier this summer I did-- as part of my yoga teacher training I have to take or as for my certification, I have to take continuing education. So, this past summer I did a continuing ed weekend emerging thing on yoga and trauma. It wasn't necessarily talking about like--

Chris: Breakups or-

Veronica: or trauma but like yeah, like emotionally trauma like either breakups or abusive relationships or--yeah. Like I had a client who literally came home one day and her husband's stuff was just gone and that was the last year where-

Chris: That's terrible.

Veronica: I mean, yeah that is like really, really traumatic`

Chris: 6:22 In fear yeah?

Veronica: and what new research on trauma is showing is that, and I'm not like the expert. This is like still something that's new for me that I'm learning but I've seen it happen before. Is, our bodies actually remember trauma so, you know that's why someone suffering, like a veteran suffering from PTSD for example, like here's a car, like it's engine explode or something like that like the car is going on and then all of sudden they are like back in Iraq or Vietnam or whatever and like that's what seems to be their reality even though they're sitting at a restaurant and the car was just outside on the street. So, it's kind of the same thing with dating and relationships. Like something happens and it triggers you as if something that happened in the past is happening now. So, an example from dating and relationships, I had a client who her boyfriend at that time bailed on her for a date and for whatever reason, I don't know what the exact reason was but they have since broken up but he just basically said like I can't go on a date with you or whatever and she's like--

Chris: So, it was like he stood her up or something?

Veronica: Yeah and she just like fell apart. And I said, "Ok, well how did you feel? Like how did this experience made you feel?" And she was like, "Well, I felt like

really unseen and I felt helpless and I felt not wanted and I felt not loved." And so that's what was going on for her and her emotions and her body and then I said, "Ok, so where else have you felt this before?" And it turns out she had felt this when she caught her dad cheating on her mom and so that was the core wound that was never really healed. So, it's kind of like the same thing that was happening to the veteran sitting in the restaurant hearing the car explode.

Chris: Ok

Veronica: Not like-- the engine you know

Chris: Yeah, yeah going on.

Veronica: Not like actually exploding [laughs]! Because that would be scary.

Chris: Yeah that would be scary for anyone.

Veronica: Exactly! And she was like, I felt unseen, I felt not loved or not wanted and so, when this boyfriend you know basically like stood her up and they broke up, what was actually happening was the thing that was happening in present time but in her head she was just replaying this incident where she's found her dad cheating on her mom. And so, like that's what was replaying in the body even though that wasn't actually going on in real time. And so, I guess the reason why I explained this is because yoga is such a somatic, like an in-body experience, it helps to--for your mind to become present and think, "Oh yeah, this isn't actually me catching my dad cheating. You know this is just some place, someone who's golf game went too late and then couldn't go on a date with me." And so, it's like separating what might be core issue or a core wound or a core experience like the traumatic experience with what is going on. And yoga is a really effective tool to help you become mindful of that.

Chris: Yeah, yeah. I love this synergy between the two and I know especially when you're dealing with breakups. So, many women who come to the website, they freak out over the smallest thing that you would like--normally if that would happen to you, you would just be like, "Oh, he's busy." Or something like she's sends him a text and he doesn't respond right away maybe he responds in an hour. You'll find they're like crying in a corner.

Veronica: Yeah.

Chris: And I wonder if it's because they have a lot of these kind of issues like, the woman became a little jaded because of her dad--you know, she caught him cheating. So, I'm wondering if there's like some sort of core issues that really cause people to be like that.

Veronica: Oh yeah. Yeah, I mean, when I work with my clients, we spend a lot of time looking into past relationships, their childhood relationship with parents and still for anyone listening who maybe is going through a break up or has gotten rejected, whether it's an official breakup or not and you just feel like, you're just really upset and of course getting rejected hurts. Like talk about the science of rejection, it hurts. It's a human--it's very natural for it to hurt but once it's beyond that initial hurt and it's just like--it's just like so much and you're just feeling and feeling and feeling, you're feeling all the emotions. You know my first question would be like, "When else have you felt like this before?" and answering that question can give you some really amazing insight into what some either core wounds or some repeated patters that you are just playing out again and again or continue to play on until you kind of figure out what that core issue is.

Chris: Yeah, I was going to ask you now, when you're like kind of probing into people's lives, you're asking those question, are they very forthcoming with that information or are they kind of guarded a little bit?

Veronica: Yeah you know it depends. Once we've crossed that barrier into being the client- coach, I think most of the time--women have invested the time, they've invested the money, they either trust that I'm asking the right questions even if it seems like very personal but what's really surprising for me is I do always--part of me is a little bit like I hold my breath when I ask a question about a break up or their relationship with their father or something like and of course, especially relationships with fathers can definitely trigger a lot of women. But, so I always hold my breath a little bit but it's amazing to me how women are almost always--at least the clients I've worked with are almost always able to pin point to at least one or two memories that really just stick out for them and they get to it pretty quickly and if a memory is coming up that quickly especially if you're on your thirties, forties, fifties, even older and a mem-

ory from when you were 10, 11 maybe younger is coming up that quickly, like that's a sign like there's something there.

Chris: Yeah it's interesting. When we talked before we did the interview and everything, you were talking to me about kind of the average age of the clients that you worked with and it was probably--the thing that stuck out most to me when we talked, because it was really interesting how you kind of put your content in two groups. You have like, was it like the 30 year olds and then you have the older people who are going through a divorce who don't really know how to date anymore.

Veronica: Yeah

Chris: And I really found that interesting because we have a lot of people that come to our website that have been kind of into dating game but they don't even know the rules of what they're supposed to do or how kind of the landscape has shifted. So, I was wondering if you talked a little bit about that. Especially since you know, the digital age, you know online romances and everything is such a big thing.

Veronica: Yeah, oh man. So, this is a huge stressor and it's funny because when women come into my community, when I mentioned online dating it's just like, it's like I said Voldemort or something like that

Chris: Right.

Veronica: And I think technology and online dating and all that stuff, it certainly has made dating seem more complicated and more like a game and less sincere and less real but I don't think the problem is actually technology or online dating. I think it's the way that most people tend to use it. Because the truth is I think online dating is a great tool to meet people especially if you're busy, especially if you have kids. So, a lot of single moms in my community, so, for single moms into this community mean it's a great way to meet people when again, you have a lot of other responsibilities and all that kind of stuff and if you're like more introverted like me and don't always essentially want to go out to places and be around a lot of people and just focusing on the online dating can be a really effective tool.

Now, in terms of like, the game or the rules, so, I preach heavily against playing the dating game or even dating rules and in fact what I regularly tell my clients is the only rule in dating is that there are no rules and when you're deciding the next thing you should do or the next move to make and you probably have some sort of like conversation going on in your head like, "Oh, should I wait three hours before I text him or should I--is it ok to text during the day, or should we talk after 5 or you know whatever it is." I tell my clients to ask themselves, "Is the rule that I'm setting for myself, for the action that I'm setting for myself, is it empowering or is it disempowering?" So, example like, the three hour rule, like that's a big one. Like wait three hours until you text back. I hear that one all the time and I definitely can relate to that. I mean we're all guilty of it, I think, to an extent if you are dating when texting was a thing.

And if you decide to wait three hours because that's what you think you should do or what friends say you should do or what some blog says you should do, I mean that's fine except that it's taking the power or the choice away from you. Like if you want to text a person back sooner because you know you have to go into a meeting and then you're going to go into a yoga class and just going to be busy the rest of the day, you just want to get back to the person, then do that. And if you get a text in the middle of the meeting and then you're off to a yoga class and you got to make dinner, and so it happens to be three hours until you text, that's fine but it's not about three hours, it's about, are you doing something because it empowers you because it's your choice or you're doing something because you feel like it's something you should be doing but taking your power, your choice away from you? So, when you're navigating to the dating world, meeting someone on or offline and you're just like, I don't know that to do and you probably already have an idea that you do want to do but you're probably doubting yourself, questioning yourself, "Does it make me needy? Does make me seem like I really like them and maybe I don't know how they feel about like me?" Like again, just if you want to say something, say it. If you want to ask something, ask it and give the power back to yourself and stop letting all the rules take it away.

Chris: Yeah, you know I'm really glad you brought that up too because I think a lot of the people, they get in their heads a little too much and they go online, they start reading all this information and stuff and they think, well, this person said they do it this way and they try it and kind of that shoot themselves in the foot especially if they got some really bad advice. I'm also glad that you brought up the texting because that is such a big thing nowadays and everyone has like a different strategy that they try to

teach people and sometimes I think if things just unfold naturally and organically, it works better rather than--I've always found like when I would--years ago, when I was dating, I would go online to try to find and like, "Ok, what's the perfect text to send back?" You get these string of perfect text messages and I would like create a game plan when I really liked a girl. Like ok, here's what I'm going to say but when it came down to it, it was like the game plan was pointless because it does--things just don't unfold the way you think they are. So, you really have to have a bit adaptability into like dating I think.

Veronica: Yeah, and texting is--I would just say something quickly about texting. So, we have like two universes that we live in. We have like real life universe and then we have texting and the more that we-- or either your phone world, whatever. If you have been online dating, messaging, there too. So, it's all the same. And the more that what ought to be real life--in your real life world, the more that exists on your phone world, the more awkward, icky, weird, all the things that women hate about dating, that's what dating becomes.

The more that "the real life communication or relationships" are existing in that texting world. So, texting again and the messaging that comes with online dating, it's great again as a tool to meet people, to confirm, "Hey, we're on for tomorrow night at 6 o'clock." or even just like little cute messages like, "Hey good morning! Just thinking of you. Hope you have a great day." That's all great and fine. When it becomes like this conversations and like this endless texting, I mean that's where it starts to feel icky in person because you're like, "I kind of know this person because we text all the time but really it's not my real life, so like we kind of actually don't know each other." And that's where it starts to get like real messy. So, as little texting as possible and of course women always complain to me about the texting and they hate the texting and they just want a phone call or to just get it offline and meet the person in person or one of the other and I'm like, "Ok, well have you asked for that? Have you asked or you said you don't like texting and said you prefer just a quick phone call?" You know a couple of times a week rather than endless texting or actually to meet up. You know 19:18 have a coffee or a drink and they're like, "Well, no. I was kind of waiting for him to do that." I'm like just do it.

Chris: Yeah.

Veronica: And if he's like weirded out by it or he doesn't want to, well, just be thankful of all the time and energy you just saved yourself.

Chris: Yeah, I'm glad you brought that up too because I know a lot of women have this pre-conceived notion about the way the dating game works and how the man is supposed to be the one that initiates everything. He initiates the text, he initiates the phone calls, the dates and everything. Personally speaking, just from my own experience, I know I was a little scared to do that kind of stuff. I was nervous and didn't want to say the wrong thing and so sometimes all it would take for a woman to really like be interesting in my eyes was if she kind of took the bull by the horn so to speak and would like text me first or just phone call me first. I know when I met my wife, she was the one that would actually initiate the phone calls and I loved that and then I think eventually it probably does need to get like a 50-50 split where you know, it's fair but I don't honestly think there's anything wrong with a woman kind of taking the lead a little bit.

Veronica: I definitely took the lead in the early days of Stevie and me dating and now we're engaged like that's sweet and something right? Because women do tell me like, "Oh, I want like the olden days where the guy like asked you out, picks you up and all that stuff and that's great." But I do kind of--I don't remember when I first heard this analogy but you know back in the olden days where women walked around with like handkerchiefs

Chris: Oh, Matthew Hussey said that.

Veronica: Oh ok yeah.

Chris: Yeah, I actually stole that from him. You know they drop the handkerchief and like

Veronica: Yeah, I just drop the handkerchief and then like it was the--like you're throwing him a bone basically.

Chris: Right, right. I think it's the most genius line ever too because it's kind of true in a way you know? That women have been doing that for centuries.

Veronica: And it's like you don't have to do all of the work, but just, even if it's just like batting an eye or a smile or I mean it can be anything. Like I mean depending on the situation like I can probably think of a million examples but just throwing him a bone. It's funny because, I don't remember whose podcast I was on about a month ago. It was a male dating coach, and he coached men. I can't remember the name. It's on top of my head right now but he was asking me what women's biggest fears were with dating and I said by far, fear of rejection. And then probably close second is fear of ending up alone and or fear of settling. So one of the two and when I said fear of rejection, he was like- I think he was actually shocked not just for his audience but for him as well because that was something that was just so unfathomable for him and his audience.

He said women are just like this beautiful, goddesses and like, it's like they're on this different plane than men and I'm like, if my clients could hear they would like fall over anything. They would be completely shocked but the point that he was making was that men are equally scared of being rejected and I had Michael Pinlac online show, he's a male dating coach for men, yeah for men. He's based in Calgary. I get confused like whose doing what but he was basically saying the same thing and then the women who are listening to that podcast, on my podcast Date Yourself Radio, and they're just like, "What? I don't believe that! I don't believe that men are also scared of being rejected!" But just understanding that both parties, men and women are human. I think it's like duh but it's also pretty like, oh yeah right, I forgot about that.

Chris: Yeah, definitely. I think men are just as afraid of rejection. I know I was when I was kind of like trying to text and get dates and stuff. I was definitely afraid to even ask for a date because I didn't want to get rejected. I think the fear is a little bit worse in person because like you said, there's like two worlds. You know, there's like the phone world where you're texting and even kind of calling I think is like not--it's not being there in person where you know you can touch, hug, kiss, do all that stuff and I feel like a lot of people just don't know what to do in person. So, I was wondering if you talk a little bit about that from a woman's perspective and talking to the women who are listening to this podcast. Like what should a woman do in person when she's on a date with a guy?

Veronica: So, one thing that I find when--actually I think a lot of the work actually comes before you actually even get to the date. A lot of the women in my community are very self conscious and I assume probably women in here too are very self con-

scious on how they look especially if that relates to like their-- you know, how they perceive themselves as beautiful and then also the size of their body. And it's funny because actually one of them posted in my Facebook group today. She says she lost a bunch of weight and had better luck dating when she was heavier than when she was thinner.

Chris: Interesting. I wonder why that is?

Veronica: I think it's a you know-- I probably could have psychoanalyzed. It was definitely a mindset thing.

Chris: Yeah maybe.

Veronica: Anyways, but I think a lot of the work comes before the actual date and that is first, just wearing something that you feel really confident in. It doesn't have to be your sexiest outfit with heels you can hardly walk in and in fact I would recommend not doing that because if you don't feel comfortable in the clothes that you're wearing then it's going to be really hard to feel comfortable and natural in a date because my whole philosophy is, if you are at your most authentic and natural self then that's when A) your intuition will just guide you and tell you what the right and the next move is and B) that's when there's most likely to be a genuine connection with the other person and the best chances of seeing whether or not there would be a potential opportunity or potential relationship---potential spark there, I should say.

Chris: Yeah, it's interesting you brought that up to because when I was dating and as a guy, I didn't ever look at a woman's shoes. I know it's like 25:43 for women and everything but I was not really interested in what the shoes or anything. So, I think definitely great advice. Like you don't want to wear something you can't walk in.

Veronica: Yeah, just something that's really comfortable. Again, it doesn't have to be like really fancy. I mean 25:57 for going to a fancy restaurant, like dress appropriate to the dress code but it has to be something you just feel really comfortable in. I recommend not wearing new clothes or at least if you buy new clothes, wear them a few times because so many times, I've worn something and then like I realized, "Oh, it like runs up." So, then I have to like kind of pull it down constantly and I'm constantly worried like, "Oh is my shirt falling down or is it sliding up?" or like, "Are these pants like

really too low cut?" And now I'm like you know, there's a moon behind me or whatever! So, just being like aware of like A) like the actual clothes are comfortable, like it's a comfortable style for you but then also that you know how the clothes fit you and they're not going to like ride up or move around as you're walking around and sitting at your date. So, that's kind of more like the physical aspect. In terms of like being present, I actually walk my clients through. I have a little meditation for them to do actually before they go on a first date and it just really helps to help them to stay focused and to stay present. I don't mean focused as in like, focus like it's a job interview but just focus on like what's going on around them. Like what is the other person is saying, like what are the sights, the smell, the taste.

You know whatever is happening and if you start to feel like really fluttered, like maybe you really like the guy and you're having butterflies or if you just feel like you're not feeling the connection or the spark and then your head starts going somewhere else like, "What am I doing here? Like maybe I should go back on Tinder. See what else is around." Or whatever it is and then whenever you feel like your head is just floating away, bring the attention back down to your feet and that will help to ground you back into the present, back into the date and just back into your surroundings of what's going on and then after you like kind of figure out where your feet are, you can actually feel your shoes, feel your feet like sitting on the floor and then like notice the points on your body that are touching the chair. So, just notice like the back of your thighs, your back, maybe your hands on the glass and maybe if the glass is like a little cool and just noticing whatever physical sensations you can notice because again, that's happening in real time because like you can actually see it, you can feel it. And again that just helps you to stay really present and again, the more present, the more natural you're going to be and the more authentic you're going to be which is better for everyone.

Chris: Yeah, it's interesting that yoga really helps out on that regard.

Veronica: Yeah exactly.

Chris: I gotta say I love the synergy between the two. I think it's really-- you wouldn't think it. You know like you would just like, ok, dating coach would know everything to do about dating but yoga has a lot of applications that can apply. Especially staying present. I think that's kind of the key that you're preaching here with yoga. It really helps you stay present in the moment.

Veronica: Yeah.

Chris: I think too many get caught up in like, ok what's going to happen next? That they don't really ever enjoy the moment that they're in.

Veronica: Exactly and I think that's where a lot of self sabotage comes in. I just had a client who just felt like--from my perspective, I felt like she was just grasping for the relationship the whole time and she was already stressing about when the next date was going to be even before the first date actually happened and then like they'd have a second date and before the second date, she was stressing about when the third date was going to happen and this was like the story of my life. This happens all the time. I can completely relate but when you are in that kind of frantic mindset, then you know even if you're not being consciously like that and like saying, 29:27, I still think that there's like this subtle like kind of energy that people can pick up on and the guy might be like, "Wow, this girl seems kind of crazy or seems like kind of weird or seems kind of like she already wants to like be in a relationship with me and that's kind of freaking me out. I don't really know her." And that's where the self sabotage and just getting in your own way can really come to hurt you in dating.

Chris: Yeah, you're absolutely right about that and I think that is something that a lot of the people come to my website have a problem with. They are always self sabotaging. Now, a lot of the people come to my website, like I said, I recommend the no contact rule for them and I remember when we talk, you said you actually liked the no contact rule.

Veronica: Yes.

Chris: So, a lot of the people who come and do the no contact rule, I think, when we did a research around 80% of the people who tried it, failed. Like they would kind of self sabotage themselves and they became so obsessed about what their ex was doing that anytime that he would reach out, they would just start up a conversation and it would get to a fight again and then bam, it would be just back to square one but I really love this idea and especially since whenever I was doing research on you, this is something that you really, really preach a lot, the idea of dating yourself. And I think this has a lot of applications in the no contact rule because it can kind of help, like you

said to keep you present. It's kind of a philosophy to adopt as well but just for everyone listening, what is dating yourself?

Veronica: So, dating yourself is kind of what it sounds like. Doing things for yourself that you would either want or expect your significant other to do for you. So, it can be things like buying yourself flowers, writing yourself a love note, taking like a hot bubble bath, taking yourself out for a drink or for a nice dinner but really the deeper essence of it is making yourself feel how you want to feel on your relationship. And so, this is kind of how it ties into the no contact rule. When you want to reach out to your ex, like what is it really about? What is the reason why you want to reach out to like-- what do you want to feel after reaching out to him? Now usually, you don't end up feeling that way because if there's a fight or some sort of argument and then you end up feeling like crap but like, what is the real reason? Like do you want to feel loved? Do you want to feel like attention or was the attention do for you that makes you feel safe or secure. So, what are things you can do for yourself to make you feel how you want your ex to feel or really just how you want your ideal relationship to make you feel? And then do things for yourself that make you feel that way. So, just an example, if you want to feel--well ok, so for an example, in the middle of my date yourself challenge, we've been recording this and day 4 is do something that makes you feel beautiful and so, the women have been posting pictures of like they're wearing extra make up or if they're always wearing make up, they're wearing no make up today or they're like straightening their hair if they always wear it up or wearing it up if they always down. Just something a little different that makes themselves feel beautiful 32:35 what their relationship and what their partner to make them feel beautiful and so now, they're doing that for themselves and they're always so surprised on how I amazing that can feel and with a lot of that comes clarity. Like clarity on what's important on their next relationship and also clarity in that, "Wow, my ex never made me feel this way." Or, "Wow, I never put myself first in my past relationship. It was always about him or it was always about something else. And so, they can get that kind of clarity when they start dating themselves and making themselves feel how they want to feel.

Chris: I absolutely love the idea because it kind of helps people stay occupied and a lot of times we found that often times when people do the no contact rule, they come to the conclusion that they don't want their ex back anymore because you know, maybe he treated them really badly and I think dating yourself kind of accelerate that

process or the process realizing that--now, I noticed you mentioned your date yourself challenge. Just for everyone listening, what is that?

Veronica: So, the date yourself challenge is a free 10 day challenge that you run a few times a year and it's designed to--how I created it is I literally googled the top 10 ways women want to feel in their ideal relationship and then like, ok those are my 10 days. So, it's like day 1 is do something that makes you feel happy. Day 2, I think is something that makes you feel adventurous. Day 3 is loved, Day 4 is beautiful, that's all were up to. I don't remember the rest of the days but it's just-- I know other ones are like do something that makes you feel sexy, do something that makes you feel romanced, do something that makes you feel safe and secure. So, that's a lot one thing that people want to feel in a relationship and then you, each day, like kind of guide them, like give them little ideas of what they can do to make themselves feel that way and I try to give ideas of things that can take like 2 minutes if they literally have two minutes in their day or something they could spend 2 hours on if they had 2 hours.

The idea that it's something that they're doing by themselves for themselves for no other reason but just to let up on themselves. So, you know again, like so today is make yourself or do something that makes you feel beautiful. So, that might just be some make up. One woman is beautifying her space today. She's been cleaning all day. Doing some Feng shui and stuff. And then for safe and secure, a lot of times that might include either looking at 35:11 or it might include doing some journaling or meditation practice because that can kind of really ground you which then can make you feel more safe and secure or-- and then day 2 is adventurous. So, it can be just going into a new neighborhood in your city that you never go to and explore or it can be making a vision board. If you have like 30 minutes so it just depends what it is but it doesn't really matter what the activity is but it's the feeling and it's that intent behind it that matters.

Chris: Yeah, it's interesting. I'm trying to think--what was it? The law of attraction. Have you ever heard of that? I feel that this kind of follows that a little bit because it kind of put you in a mindset where you're going to be open for good things happening to you.

Veronica: Yeah, you definitely have to be open and willing to receive the right people and the right relationships and I really believe that the relationship you have

with yourself is reflected in who you attract. So, if you're attracting people who are just kind of crappy people or treat you like crap or aren't very nice to you, that I think it's-- you have to take a hard look at yourself and say, how am I treating myself? Like, where am I or what am I doing? Either consciously or unconsciously show people that it's ok to treat me like crap. And a lot of times, answering those questions can be really, really hard because it can just be very--a lot can come up. A lot of guilt, a lot of feeling like, "Oh my god. I've wasted so many years." or you know a resentment towards a parent if it was a troubled relationship or an ex or an exhusband or anything like that and so a lot of things can come up and it's completely natural and I always say better out than in. So, let it come up and let it go out.

Chris: And I think Shrek said that too!

Veronica: So, yeah, I don't remember what the question was but that's what I was--

Chris: I can really hook into this idea of dating yourself because I think it's perfect for my audience. Especially if they're doing the no contact rule because that really, really helps people stay occupied, keep their mind off their exes and in the end, it's something that is going to benefit them.

Veronica: Yeah

Chris: I find one of the biggest issues especially people are trying to get their exes back really get over their exes, is the fact that they don't use their time wisely. They're too obsessive. I know, there's been studies done where like 9 out of 10 people end up Facebook creeping their exes. So, if you're dating yourself you're really using your time wisely.

Veronica: Yeah.

Chris: And it's kind of the entire philosophy that you teach. I mean your podcast is called Date Yourself Radio and I think that's a really, really good philosophy to adopt so, you know, kudos to you!

Veronica: Thank you! The other thing I was going to say when you're dating yourself,

if your ex does come back into your life, like he actually calls you or you just see their feed or their post on Facebook and I think you can get this clarity that comes with dating yourself then I really believe that and I've seen this happened that less and less you're going to get triggered by this ex because you're going to just see like, oh wow, this person-- because you're going to feel great when you're dating yourself because again, you just made yourself feel happy, beautiful, loved, romanced, all those things and if your ex isn't doing that for you, you're just going to be like, what a waste of freakin' time. Like I don't need to--it's just kind of like it means nothing to you and that's really what the goal is so that you don't get triggered.

But I do have clients who are going through break ups either now or recently gone through break ups and while like--I think I was like, dating yourself is important and then all the benefits of that. I mean that's what I preach and talk about. I do think it's ok to have a little bit of a pity party and just feel it. Mourn the relationship because even if you know that the person wasn't right for you, usually there's a period of mourning of like what could have been. Because obviously the beginning of every relationship, there's always a hope of what could be and when that ends, even if you know in your heart that the person's not right for you and there's still a disappointment when the relationship is gone. And so, I usually tell-- I don't know what you teach your community but I always say like a pity party, 1-3 days 39:38 how long the relationship was but then just try to date yourself and move on, ex detox, all that stuff and you know start getting ready to bring in the next relationship.

Chris: One of the things that we've recently started teaching at exboyfriend recovery is this idea of mind like water. So, if you imagine like you're throwing like a pebble into a water, that first thing that it's going to do when it hits the water is it's going to get, you know, the water is going to splash up and then it's going to kind of even out and get still again. So, the idea of you know treating the mind of the pity party thing, essentially is what you're doing is you're taking a full day where you're screaming, you're angry, you're allowed to feel pity but then after that, just like the pebble you know, the water coming out of the pebble smooths out and then you kind of date yourself essentially.

Veronica: Yeah.

Chris: That's kind of what we teach.

Veronica: I like that metaphor. I think it totally works.

Chris: Yeah, it's actually my--head of content development, Ashley, is the one who brought it up to me and I was like "Oh I like that. I'm stealing that!"

Veronica: That's perfect!

Chris: So, yeah that's really, really good. So, that's one of the things that we try to teach to people. Do people listen? Not necessarily but that's why you're here.

Veronica: Yeah because it means the same thing. It's like better out than in. So, it's like you have-- another thing that I teach my clients is that we have to love all parts of ourselves, even the bad emotions. So, that's why I don't really like to call somethings good and somethings bad. So, things that are less desirable could be anger or heartbreak or sadness or even resentment but it's all a part of us and if the more we try to shut those down like, "I shouldn't feel like this because he was a jerk." or whatever it was then, again you're just pushing those things in and, better out than in. So, let it out. Do what you need to do, adult temper tantrum, hit a pillow, you know whatever and without it going too long because you got to pull yourself up and get back on your feet but yeah, just letting all of those emotions, the "negative" emotions that they're still part of you and just letting them out and then moving on. Obviously easier said than done

Chris: Alright so, where can people find you?

Veronica: The best place to find me is at veronicagrants.com it's my online home and there-- if we have a like, date yourself challenge coming up, then you know it will be an opt in for that otherwise I kind of compartmentalize or put everything into one little package. So, 37 ways to date yourself. So, if you're like, "Ok, I like this dating yourself thing but I don't really know what to do." And then you can go grab that.

Chris: Yeah, I actually downloaded it.

Veronica: And then I also podcast, Date Yourself Radio and I'm in there one to two times a week and that's my favorite way to connect with and as an audience, you

could tell that I like to talk so, that's what I do. I just like doing your earbuds every week, talking about dating yourself and relationships and all that jazz.

Chris: And you also mentioned that you have coaching. Why don't you tell me and the listeners a little bit about that because I think this is something I definitely going to recommend to them.

Veronica: Awesome. So, I work with women in two main ways so, I think I mentioned briefly the dating mindset bootcamp are in passing. So, that's my group coaching program, an online community and I open enrollment for that a few times a year. So, I don't know when this is going to go live but enrollment's opening most of the end of September but if not, I open it a few times a year and that's just a 9 week program to help women really go through this process of getting into what I call the right dating mindset. So, we look at lifestyle design, getting out of your own way, which we talked about self sabotage, and then really tuning into yourself, trusting your intuition so, you can see red flags, know where your boundaries are, ask for your boundaries to be met, things like that. And then I work with women one on one and that it's just really a preferences and also financial ability between one on one or the boot camp. Women who work with me one on one usually work for 3 or 6 months and we go through a similar process of lifestyle design, getting out of your own way and then self trust and intuition but because one on one, we start where you are and then we go from there. And that's just an on going coaching program and when I have spots--and I open a few spots for clients and then it's just an on going-- ever going process I guess you could say.

Chris: And how much do this services cost? So, you have the group coaching and then you have the one on one coaching.

Veronica: The bootcamp right now, for regular enrollment is \$497 and then if you want that coupled of--no, it's three one on one sessions. So, three 45 minute sessions, that is \$897. So, that's the mastery level, the bootcamp mastery.

Chris: So, it's like different levels I guess to the 44:29

Veronica: You get like the modules, the group coaching, the Facebook group, all the audio bonuses, that kind of stuff. That's the basic level. That's the 497 and then the

mastery level is 897 and with that, you get 3 one on one sessions with me and I'll review your rewritten online profile, just to make sure it really speaks to you. And then my one on one services where I do it like in 3 month increments. So, for 3 months, it's one payment out of 1500. I will say that prices are going up at the end of the year. So, if you have any people who are interested--

Chris: Better get it now people

Veronica: The bootcamp when I open it up again in February will definitely be more, I'm not exactly sure what and then one on one prices will be probably be increasing, I'll probably do one more last call at current prices for my community and then go ahead and raise the prices. So probably November.

Chris: Awesome! I think people--just knowing my audience, are probably going to flock more at the bootcamp. So can you talk a little bit about that? Is it like in a Facebook group type thing or how does it work?

Veronica: So, there's online home and that all of the modules are, there are 6 modules. So, I divided the bootcamp into three parts, so the three main steps. The first is lifestyle design and the second is getting out of your own way. So, that's the mindset and then third part is, it's called know when to run, stay or ask for what you want. So, that's basically intuition, self-trust, looking at red flags, your boundaries, how to ask for your boundaries so you're not feeling needy or confrontational. Each of those parts have two modules and then each of those parts have one integration week. It ends up being 9 weeks. 3 weeks for each part.

So, modules 1 and 2, we really look into how you want your relationship to make you feel. Kind of playing off or going--playing off the date yourself challenge but taking it to be more personalized. Like again, I just googled the top 10 ways women want to feel in their ideal relationship but then module 1 is really how you want to feel and your ideal relationship and then designing your lifestyle around that because relationships and dating don't exist in a vacuum. They're part of your life and the more you kind of blend the two then the more they'll be able to work in sync with each other. And then the second module, it's more just lifestyle design. Like looking at your time management, like if you feel like you don't have time to date or if you feel like you kind of go all or none so, you're dating all the time and then you pull back and do nothing,

dating all the time, pulling back and doing nothing. So, we can kind of look into how you're spending your time and designing your lifestyle. And then, part 2, so module 3 and 4, we look into the mindset and your beliefs. Limiting beliefs around men, dating, love, relationships, figuring out where they come from. This is where we look at your relationship with your parents.

Especially for women, looking at their relationship with their dad, it's not always your dad. Sometimes, your mom plays a role but looking at that relationship and seeing where that and forms and beliefs and why you're replaying situations out again and again and again and kind of killing that core wound like an example I told you about earlier in the show and then we also look at masculine and feminine energy and kind of balancing that out. How it works within you and but then also within the relationship. And then part 3, we get into modules 5 and 6 which are learning how to trust your intuition, where the heck your intuition is, what is it, how do you use it. I swear you have one. It's not like some people have it, some people don't. So, I teach you how to access it and how to begin to trust it, especially if you feel like you don't really trust yourself. If you don't trust other people or men, there's a good chance it's because you don't trust yourself. So, we really take it back to the looking at inwards and then figure out what your boundaries or like what some non-negotiables might be.

And then module 6 is really about learning how to ask and how to have what I call the authentic conversation which is a specific way to ask for what you want without feeling like you're being needy, without feeling like you're accusing someone or being confrontational which can spark an argument. And then ending, we end with a little just conversations around rejections. I feel like it's impossible to talk about relationships without talking--especially the conversations, asking for something without talking about rejection. So we kind of wrap it up with that and then in addition to that, there's lots of bonuses. A new bonus that I'm coming with this round of the bootcamp is a starter guide to getting online and making it work for you. So, how to set up a profile, which sites or apps to use and why, depending on what you want or your age, demographic, whatever. And then the four golden rules of the dating profile and then kind of what we were talking about earlier. Like the ins and out of texting and messaging and showing up on the first date. So, I kind of walk them through that and lead them through meditation, visualization of how they want their date to go. So, that's, I kind of just talked a lot but that's really how the flow that we go inside the bootcamp.

Chris: I think that's something a lot of the people on our website is definitely going to be interested in. So, hopefully we can send you a few people interested in that. I also want to hit you up because we have listeners from all around the world. Your yoga, certainly we've had listeners in Dallas, so, what about your yoga, do you want to talk a little bit about that?

Veronica: It's interesting because my private yoga business is completely separate from the rest of my business. Like my private yoga clients aren't on my email list. I go to their place and then teach yoga and then I go home. So, yeah if anyone is in Dallas, I have probably one, maybe I could squeeze in, depending on the time. Two spots open for some private yoga and when I teach with private yoga clients, I just go to either their home or their office, they have to provide the space and I work with them for anywhere between 60 and 90 minutes and again, most of my private yoga clients-- I mean some are just busy and they just want to have yoga on their own time, on their own schedule, but most I would say are new to yoga and going to a studio really intimidates them. Whether it's like some sort of emotional trauma or like a physical injury, they just don't feel very supportive and they just feel very overwhelmed which can lead to anxiety, which kind of defeats the purpose of yoga. So, I always say for those types of students who just go really overwhelmed at yoga class like, best case scenario is they just don't get the full benefit of the pose. Worst case scenario is they actually injure their self. So, I obviously try to prevent both of those from this scenarios from happening so, I'm really all about form and alignment and working with the breath and actually teaching the pose, so that you kind of understand why you have your foot there and your arm there and breathing in that way so, it makes sense and then-- I mean those were important things that I try to teach or infuse in my yoga practice and my teaching is to really get practical for the rest of or the other parts of your life. So, whether it's like staying less stressed or anxious at your job or less stressed and anxious in your relationship or dating, ways where you can actually apply what I teach on the mat to your life.

Chris: Everyone listening, if you're in Dallas, go to her!

Veronica: The best way to find that--I mean you can just-- I think if you scroll down the bottom of veronicagrants.com there's a menu button for Dallas private yoga but otherwise, dallasprivateyoga.com

Chris: Tell you what, I'll look it up and put it in the show notes for people listening. So, if you're listening just go to the show notes and it will be there. I'll also put a link to your, I guess your bootcamp, your coaching and also your website.

Veronica: Awesome!

Chris: So, you're good in the full promotion.

Veronica: Yeah, I would love to have some women listening in some of my programs and yeah. I think once you get over a break up or decide that you don't want your exboyfriend back, I think the next step is the really the whole mindset process so, you don't repeat the same relationship again and again. Layout those patterns again and that's what the bootcamp is all about.

Chris: Which happens a lot more than you think. We get like repeat visitors on ex-boyfriend recovery like, "Oh, I came to your website a year ago and now I'm back." Well, I think that's going to do it.

Veronica: Awesome! Well, thank you so much. This was so much fun to chat with you today.

Chris: Yeah, we really appreciate you Veronica. Thanks for coming on. We might have you on again.

Veronica: Sounds good! I'm always willing.

Chris: Good!