



MEET to  
**MARRY**<sup>tm</sup>  
Be the ONE to Find the ONE



## Module 4 Session 4

### ANJALI'S REALITY CHECK

Hi. It's Bari. Now we're getting into Anjali's Reality Check. At the beginning of our session, I had Anjali tell me more about herself and her background. She revealed that she's 37 and has been dating off and on for the last four years since she's been single. However, she admitted that she didn't take dating seriously enough, and was just an on-and-off dater for four years.

Anjali said this: "Even if I were on a site like eHarmony...I was really just talking to everybody with a mindset of rejecting them. I hardly got to even meet anyone. I met few people in person and always found something wrong with them, and I always found a reason. I know I was just fooling around."

Then she let me know that she is now serious about getting married by next March.

I pointed out that when I asked her why she thought she hasn't found the right person, she said, "I hadn't made this a priority until now. I also needed to be single to move past the past. Now I want to meet the right person. I've not met anyone interesting in the short time that I have been looking."

We spent some time talking about her longest relationship, which was three years and was with the father of her son.

Anjali explained the background of her relationships. She said: "I was married before I met my ex, for five years. After five years of marriage I was divorced and after that I met my ex with whom I had a relationship for three years. And the reason I say three years and not five years is because my marriage was not a relationship. It was nothing. It was five years of wasted time, not even a friendship."

I asked why she married him and this is what she had to say:

"The most honest answer is that I married him out of stupidity because I'm from India and I was 25 years old. I had finished my masters. I was working and the logical progression of a person's life at that time seemed to be getting married to a certain type of person. You're looking on paper, what does he look like on paper? Because of all my issues, I put the pressure on myself and I made myself feel I was making my whole family miserable by not getting married in time, and everybody else around me, my peers were getting married. They were dropping off the singles scene like apples from a tree and here I am not finding somebody and not getting married. I didn't have a boyfriend or loving relationship, so I told my parents that I agreed to an arranged marriage."

"My ex-husband was an arranged match. He met me through a very formal type of matrimonial process, and he looked good on paper. Even though before my marriage I had a really bad crappy gut feeling, and I was leading up to the days of my marriage, I was the most nasty person because it was all the anxiety I had and I was not listening to what was coming out. Again I take responsibility because my parents never put a gun to my head saying you have to get married now, or you have to get married to this person. It was all my stupid –"



I interrupted her. . .and said, "Let's turn that around. There's no stupid decision. You did the best with what you knew at the time. Right?"

She agreed but said: "I think I should have known better. That's really it."

I replied, "No shoulds, coulds, and woulds. You did the best you could with what you knew at the time, and you wanted to do the right thing, and that was the best decision you could make at the time. No more of that, okay? You lived, you loved, and you learned."

Then I asked her about what attracted her to the father of her son.

Anjali had this to say: "Interestingly, after my divorce I was really not prepared to date because I'd not been single or dated in so many years. I had no practice, no information. Again I was dating pretty meaninglessly. I met someone who I got really infatuated with. It didn't even start, there was question of ending because it didn't even start. It was like a one-way infatuation. I was suffering because of that, so I started to date even more meaninglessly. When I met my ex, to be honest, for me it was just a sexual -- it started out as just a sexual fling."

"The only good thing about this was he and I got along really well. Even though it was sexual, we had a very cordial friendship. We could spend hours or days together and not get bored. We never ran out of stuff to talk about and so on. He fell in love with me and he was just very nice. I got from him everything I never got from anybody else."

I asked her why it ended if she got everything and could talk about everything with him.

Here's how she explained it: "Hindsight is 20/20. I think it ended because of the way it was set up. Since he decided he was in love so quickly and I had no experience or no knowledge of what I was doing, and automatically the thinking was we are going to be together for the rest of our lives. There was never the question, a conscious conversation about the values, how we look at life, and what we want to do, where we want to go. All of the important stuff never came up, it was never questioned, so we never even talked about getting married because the understanding was we are together forever.

We really did feel it was like a family situation. And the natural outcome was that I got pregnant, and again to him and to me there was no question. However, because we had not discussed anything, and like all the important stuff, it was all fun and none of the important stuff was really discussed. What happened is when I became pregnant with my son I was really happy. All of a sudden I started to say things like let's have a savings account, and to me I'm still assuming it's all a given. We are so on the same page.

He did not have the tools to be honest at that time and communicate clearly about wanting to have a family with me but not signing up for all this and that. Or communicating what his vision is. If I'm sharing my vision and saying we need to have a savings account, this and that, I'm sharing my vision. At that point he needed to come forward and share his vision. Instead he felt cornered and did not communicate openly at that time, so I had no idea. The whole time I was pregnant, and we didn't share a residence. My parents visited me to help me out during the pregnancy. Being the setup that it was and we weren't married, out of respect for my parents, he couldn't live in my house or with me during that time.



He probably felt undermined and I felt that we're on the same team, and this is a very temporary arrangement. So we both understand this is not a permanent arrangement. And after my parents are gone we're going to be back together. I think during that time of separation, even though it was superficial, already he had anxiety, or issues that he was not dealing very well with, on top of that during that time I think he completely fell out of love with me. And I didn't realize until a long time after, when I realized that when I need him here he's not. Where is he? We were always together doing things and now all of a sudden everything is a big argument and a big negotiation. We never had that.

It took me a while to understand what had happened. And also what he did. He lacked some very basic life skills which I didn't know because we had never had those conversations. He did not have being career oriented or how to be successful. When he started having difficulties in his profession, instead of going after it, he gave up. He got addicted to online video games, threw money at that. Did stupid stuff, lied to me, even cheated. All kinds of stupid stuff that I found out much later."

Then we moved on to her parents and their 38-year marriage. She told me that they were very different but they love each other; they're on the same page when it comes to choices for their kids. They're very busy but communicate about important matters consistently. But they also argue a lot.

I asked her what needs they meet, and here's how Anjali described it: "They loved me a lot. They especially made me feel supported in difficult times whether I was sick or something happened at school. They were very protective, yet at the same time they put me down in many social circumstances because they felt what I did or said was inappropriate. And I think that they did not raise me to have positive self esteem, and gave me negative meaning about relationships with men."

I clarified that these were the needs her parents met and how they made her feel loved and supported in difficult times. And they were protective, but the needs she wished they would have met have to do with not putting you down in social circumstances and raising you with a more positive sense of self-esteem. They also gave her a negative sense about relationships with men. They were over protective on the one hand, and they emotionalized a lot on one hand, and then on the other they could be very insensitive.

We discussed how they didn't teach her to be an independent thinker or someone who was in touch with her values and what she wanted. Instead, they encouraged her to become a people pleaser.

Anjali agreed and said "I was a rebel without a cause, rude for no reason, but at the end when I had to make choices I always made choices that weren't necessarily true to me."

I shared with her my perspective. She was trying to live up to a certain standard that they wanted. Again the needs that we wish our parents would meet, that they didn't meet, and the needs that they met, this is really from a child's perspective. It's like you the adult looking back at what needs were met and not met."

We also went back to her mixed feelings about her childhood. On the one hand, she had "loving family and friends, and lots of fun, a carefree life, holidays, vacations." But one of the challenging things about her childhood had to do with all the arguments and how, in her own words, she "was disrespectful" to her parents and got away with it. "They were on the one hand so strict and on the other hand they let me get away with murder. They didn't show tough love when they should have, and in other areas they controlled me too much. I felt I was ugly, not good enough, had no self-esteem. I lived to please





others, even though I very often lived aggressively and could not figure out who I am and what I wanted until very late in life."

Then, we started shifting our attention to what she needs in a relationship.

Anjali said she needed "connection, unconditional love, true and open communication, a caring and attentive man who puts me first, fidelity. He'd enjoy sharing himself and life with me and be the best father a boy could have to my son." She also wants "attraction, to be attracted, passion and fulfilling sex, and fun and laughter....someone who's emotionally and financial secure, someone she can respect, admire and appreciate, and inspire to be the best you can be."

When we addressed the people she does attract, Anjali said: "I meet very nice guys but I have no attraction for them. Or I meet men who I may be attracted to but there's no compatibility. So either way, there's not a fit." They're also not interested in commitment and don't want to share their life with you, or don't have a purpose or financial success.

When I asked about the patterns in the people she meets she said she doesn't see any patterns. When I asked how she felt about dating, she said, "Dating is hard but it's necessary and things I dislike are that I need to invest time and make arrangements to go on dates, and they don't work out."

Her top personality traits are that she's "committed, loyal, honest, hardworking, self-respecting, loving, faithful, caring, and warm."

When I asked what she sees as potential blockages, what could be potentially blocking her, she said: "I tend to be closed, with too many preconceived ideas and I judge my dates instead of accepting them and growing with them. I may have a fear of intimacy due past bad experiences. I would like to be more open, authentic, vulnerable, funny, and accepting and appreciating and giving. I do not flirt well and I do not believe people connect with me, or vice versa."

The conclusions she came to about herself are, in her own words, that "I do not deserve everything I want. I have to prove myself or please in order to get what I want. I'm not worthy of having the best love and partner."

The next question was about the story she made up about herself from the past. It comes from the past, from how we grew up, and it comes from the needs that we didn't get met by our parents, the needs we wish could have been met by our parents.

I said, "You're a grown woman and you went into a marriage with someone that you didn't even want to marry, just to get married, so that your parents would be happy. You didn't do it for yourself, you got married because you felt it was the right thing to do to get it over with. All your friends were getting married. You obviously thought you would be doing the right thing for your parents.

Then you got together with someone kind of on the rebound to look good, it was sexual, it was fun. You had good conversations but you didn't talk about anything serious. You didn't discuss marriage, you didn't say what you wanted. You didn't way I really want to find that person, I want to have a life like this, because it was not articulated. You didn't know what you wanted. It was just autopilot from this childhood where your parents were very protective, yet they put you down. Your parents put you down, and for a kid to feel put



down in social situations, to tell you that what you're saying is inappropriate, how do you think that made you feel? You were not raised to have positive self-esteem, you got put down, you didn't have a lot of experience. They gave you negative meaning about relationships. Anjali, you see relationships and they're negative. It's scary, you don't know what to do.

What do you think is going on inside of you? What do you think you tell yourself, underlying? What do you think your story is? If your parents gave you good messages, positive reinforcing messages, but they didn't. You felt not understood, like inappropriate, wrong."

Anjali admitted that these were very hard questions for her to answer but she was willing to try.

I told her she already answered them. She answered them numerous times but don't even know it. I said: "It's going on with you. It's so going on and so there that you act so confused, like you can't get to it, like what could it be. Your parents put you down. We wish we had parents that built us up, but you had parents that put you down. Whether they did or didn't, in reality, you didn't have good self-esteem. And in social situations they made you feel bad about yourself. That's what happened.

What do you think -- get out of your head. Don't be in your head. You want to be in your heart. You want to be that little girl. You're little Anjali, there you are with your parents. They're making you feel bad. They're protecting you but it's really confusing that your parents are arguing a lot. It's so confusing for a little girl to see that and you knew they loved each other but why are they always arguing and why are they making you feel bad? Why are they putting you down? Why are they making you feel like what you're saying is inappropriate?"

Anjali said: "I think that not having good self-esteem and having negative meaning to relationships were the two biggest issues."

That's intellectual, I said. You're intellectualizing it. Out of your head. I don't want you to intellectualize it. That hides it even more. I want you to connect to the little girl and your parents are making you feel bad.

Anjali replied: "I felt inadequate, that I don't deserve stuff. It kind of took away that self-assured state of being that I am worthy of these things or even acknowledging that these are the things that I want. It felt wrong to feel like I should be having these things in life."

I said: "The little girl doesn't know that you're supposed to be a certain way. All she knows is what she feels."

Anjali continued: "I think that I just learned what a marriage is from looking at them, and that was not the best example because for them it worked. So now in my head I'm thinking you can fight all you want but at the end of the day it works for you, you're together. That was a bad example and also the dynamics between my parents, which didn't serve me well, because I think I started my marriage or even before, the decision to get married all started from modeling them. I thought how they are is how marriage is."

So why did you go for someone you didn't love? Be a little girl, I told her.

Anjali replied: "To be honest, I felt like he was prince charming because my own self worth was so low."



"Right, and why was your self worth so low? What does someone tell themselves when their self worth is so low?

She said, "That I have to take what I get."

Okay, and why do you have to take what you get?

Because, as she explained, "I can't do better."

"Why?"

"Because I'm not good enough."

"That's right," I exclaimed. "Ding! Ding! You don't deserve, you are not good enough. Do you see that? That is what runs you. That is the story. And that's why you put walls up because you don't want anyone to know, because you're a big girl now. You're a mom. You're an adult, and you don't want people to know that you are not good enough, that you don't deserve. It's one or the other. You've said it numerous times. 'I don't deserve everything I want.'"

"The thing is you're not internalizing it. That is the story. How does it feel walking around like I'm not good enough? Here you are an adult, walking around in life, in the world, at your job, dating, the whole thing, how heavy is it walking around feeling like you're not good enough?"

"I want you to feel that in your bones. Not in your head, but in your heart. Intellectually you're I was great. We were all great. You're all successful. You're all attractive. Anjali you're amazing. You're a great mom, but you're walking around like hidden. Deep inside of you there's the I'm not good enough, but I'm going to cover it up."

"That is your energy and that is why the results of your dating are the way they are. That's why you're getting what you get, because you can't hide it. You were raised to people please, and people who people please get their existence from other people. I was a people pleaser. I was codependent. I only got my beingness from other people. I needed validation from other people to be okay and then I covered it up and pretended that wasn't true.

It was so inauthentic. I know that you understand all this because you're saying all the right things, but your parents gave you no boundaries. So they were strict, yet you took advantage of them. You felt they should have given you tough love. You felt ugly, not good enough, and low self esteem, right? And you felt disconnected. So that is the story."

"But the thing you need to see, if you want to have a major breakthrough, is you need to see that you made that up as a little girl. You're a little girl, it started probably -- how far back to you remember feeling that way, that you're not good enough?"

Anjali said "Very young. I would say probably four or five."

I told her I definitely get that. In my case, For me, I was about 3 years old...I have a flash of remembering that something was wrong. And later on, when I was 7 and then 9 years old, I remember thinking if anyone ever knew what my parents were like they wouldn't even talk to me.-- it was so early. And then I even had a past-



life regression done and I realize that I didn't even want to be born to them. It was so painful-- that's why I want you to tune into the I'm not good enough and feel it in your stomach. I want you to not hide it and not cover it up, and connect with it and realize that you started feeling that way a really long time ago. Then everything that happens, all the little disappointments, and then you got married to someone you didn't love, hoping it would work out. But inside you really felt --

Anjali said, "My ex-husband literally personified every single one of those feelings. Those feelings came to life. I can't even explain to what level he personified those things, of I have to prove myself to get basic -- even basic humanity, basic dignity of a person. I need to prove myself. He literally kept on making that true, every one of those fears and insecurities, he made it true. It was like writing a script."

So I told her this is what I want you to see. This is how it works. I was running from my parents, but literally every relationship I got into, the more I wanted to not be like them, not be like my mother, the more I was like her, the more I felt I was recreating my childhood. With every person, with every day -- so you see it. What I want you to know, the breakthrough is that happened as a little girl. I want you to know your parents did the best they could with what they had.

I know you know, but I want to cause you to have a breakthrough, and not intellectualize it. What has to happen is you need to write completion letters to your parents. You were wounded and you were hurt. They made you feel a certain way. The little girl in you made up a story.

Here's what happens. People say things. Things happened, and then we add meaning to them. When your parents argued you made it mean something. When you were acting out you made it mean something. When you were acting out and they didn't give you boundaries, you made it mean something. Like if you were good enough they would have done something, or if you were good enough they wouldn't be fighting. If you were good enough you wouldn't feel ugly and all of that.

The thing you have to know to disconnect from it is you need to get good with the fact that that was from the past and it's not real today, that you're a grown woman and it's not reality. By having a breakthrough you'll stop attracting that. If you don't have a breakthrough you're going to keep going on every dating site, having lots of introductions, and you'll keep attracting the same exact person, over and over again.

You're going to do it now. Number one you're going to write completion letters to your parents. You're going to tell them how it felt to feel that way, what you felt like. You're going to thank them for everything they gave you. You're not going to give this to them. There's no point in giving it to them. This is for you. You need to be aware. If you're aware that you have a story about yourself, that you are not good enough, then you can actually disappear it. That's not reality based, it's from your childhood.

Let's talk about reality. Here's reality. Reality is empowering, so that was what you couldn't come to in the homework, when you tried to figure it out. The breakthrough happens through who are you now. That's the question. Why are you going to be a great wife. What are your major personality traits that make you special? Talk to me about that.

Anjali wanted to go one step back and said "Whatever my story has been, there's a couple of issues I struggle with. One is I have self-doubt and I question myself. While I value warmth, and giving extremely -- I value that a lot, I sometimes feel that I was not a warm and giving person in a situation. I think that's coming from that too. I'm not being a warm and giving person."



I asked her why she's not being warm and giving.

She said, "I guess from fear of rejection or fear of not being adequate or feeling that I don't have. I think I kind of model my mother's behavior in that. I struggle with how to not be that person and how to be the different person that I aspire to be. I have a classic struggle between being assertive versus aggressive. I feel like I want to be assertive but I end up being aggressive. That's coming from my mother."

I said: "That's right, so I was able to heal from that. My mother's the opposite of me. She's very closed and not into personal growth. She kind of knows everything. So what you do is it's just the awareness. Now that you're aware that you've been modeling your mother's behavior, do you have new choices? Do you have to live on autopilot or can you challenge your thinking and be different?"

Anjali acknowledged that she definitely has choices but she just didn't know how to implement them.

I said, "So this is what we're doing right now. You put walls up. You said sometimes you model your mother's behavior. Why do you do that?"

She's said, "It's kind of like learned behavior, that's what I grew up with."

"That's right and they were survival mechanisms."

"That's all I know, I guess," she said.

I replied: "It is all you know. Guess what, you're an adult now. You've been out of your parents' house for a long time. You're a grown woman. That was a story. Those were coping mechanisms. So stuff happened, and you kept adding more and more meaning to everything. This happened, I have no value; they didn't do this, I have no value; I'm not good enough, I'm not good enough.

You tell yourself that enough times and it becomes like a record. Then you actually forget you made the record. I ask you what your top personality traits are. Let's move into how to change it, how to have a new, empowering conversation versus the old disempowering one that runs you like a robot, like on autopilot. It makes you confused because you always say I don't know how, but you do know how. You can take your power back. You're a grownup, you can do it. What are your top personality traits?"

Anjali said, "That's the one I was struggling with. I had messaged you."

I asked: "What's going to make you a good wife? What makes you a good mother?"

She said, "I would do anything for my son."

"What does that mean? What does that translate to?" I asked.

"I'm giving of myself."

"Giving, yes, what else?"





"But it's different with my son. I'm giving of myself with him. But because I'm in the parent role I'm a lot more assertive with him than I am with any other grownup relationship."

I said, "Don't complicate it. Just think of it this way. Picture yourself as a baby. Forget your son for a minute. You're a baby. How would you treat yourself since you're a baby, a child of God, you're a spiritual being? You're a beautiful person. You're a spiritual child of God. What's great about you? What makes you you? How would you treat the baby? How would you treat yourself as a little baby?"

Anjali said, "I would love the baby to death and take care of its every need. A baby, not even a little infant, it's a baby?"

"It's an infant, it's you. It's you at three years old, what would you tell little Anjali?"

Anjali said, "At three years old I would love myself completely but I would start to set boundaries. I would always treat myself with respect, even though I'm three years old I'm going to be conscious of how I talk to myself, to not put me down. And give myself the required attention. Like to treat -- to respect that child as if they are an adult, but give them the boundaries, the guidance, the love as if they're a child."

I said, "That's beautiful. So that's how you heal yourself. You do that now. You start that right this minute. You love yourself to death, care for yourself, love yourself completely. You respect yourself. You treat yourself with the upmost -- instead of saying not put yourself down, but raise yourself up. That's what you would do with a child, right? You would teach boundaries, so that's how you do it. Do you have a pen?"

Starting now when I said you have to date yourself, this is what you do. You start to love yourself as a human being, separate from your story. Your story is a made-up story. This I'm not good enough, I don't deserve, you hack away at yourself. You're on your own back. You beat yourself up and take lumps. You don't even allow yourself to feel good. Only you'll give unconditionally to your son, but you'd never give that to yourself. If you love yourself, how do you think that's going to help your son?"

Anjali replied: "I think that it will help him because I probably will be a more fulfilled person. And that will transfer to him."

"That's right," I said. "All you have to do now is start to treat yourself in this new way. Why don't we write a sentence? Your old story, disempowering, moldy, old -- it's old -- like clothes you want to give away. It's crap. 'I'm not good enough.' Why don't we create a new possibility for yourself, a statement that you can live into? Starting right now, no more survival, no more confusion. This sentence is going to be a calling for your new life. That's why you're going to date yourself and then date others with clarity, because you know who you are. You have boundaries. You love yourself to death. You love yourself completely as you are and as you're not. And you have boundaries. Boundaries mean you're not people pleasing and you see people for who they are."

You see them for who they are, and you're clear about what you want. You're conscious. Who are you? Let's make a sentence. What do you want for your future? What do you deserve? Who are you?

You told me that you're committed, loyal, honest, hardworking, self respecting, loving, faithful, caring and warm. That I believe. So who are you? What are you going to create?"



Anjali said, "I am a person who — I don't know, I'm a person who lives to have fun. I love to enjoy life and share life with those around me. With those who I love, whether it's family or friends, and I would like to do that with a partner, with a true partner. I want to have comfort and feel supported and loved and cared for."

"What do you deserve?"

"I deserve to be respected, valued, appreciated, and loved and cared for."

"Yeah," I exclaimed! "That's beautiful. That's what I want you to write down. For your homework, I want you to turn that into a whole sentence "I am a loving, loyal, caring person who loves to enjoy family. And I am an attraction magnet for and deserve a husband who will make me feel comforted, valued and respected. And together we will build...." Turn that into an amazing, powerful sentence. It's that sentence that is your future. I'm a caring, loving, giving person who deserves to create a beautiful family and you get to invent that. That's the sentence that you're going to put on your — that's what you want to do."

"It's your new empowering statement based on reality. Do you get that? You're a grown woman who is committed, loyal, honest, hardworking, self respecting, loving, faithful, caring and warm, who's a wonderful mother, and you can make great decisions and great choices. You want to have a beautiful sentence. I'm caring and warm and loving and I deserve to have a partner to share my life with, and so on. How does that feel?"

Anjali said, "It feels good. It feels a little fantastic right now."

I said, "That is how you're going to feel for the rest of your life because your old story that "I'm not good enough," we're ready to retire it. It's old already. This is your journey. We all have an old story and I embraced my old story that there's something wrong with me, but today I wake up in the morning and I look in the mirror, and I say, 'I love you Bari.' I mean it and I make powerful choices for myself. I know who I am. You need to know who you are. This is the beginning of it."

"From now on, you are that empowering story and that old story is going to sit on your shoulder and maybe nag you at times, but you're going to build the muscle to say go away. Thank you for sharing, but I am caring and loving, and it's old. You have to keep nurturing the little girl in you. That's what you have to do. You need to see the little Anjali that felt so ugly and not good enough, and low self esteem, and people pleasing to survive. And you don't need to do that. You need to forgive yourself."

"That's the beginning of the rest of your life. That's why I don't teach you how to date yet, because if I teach you how to date on top of this I'm not good enough thing, it wouldn't make a difference. You'd still attract the same people."

Anjali said, "I don't know how to care for myself or how to love myself."

I replied, "But now I don't want you to say anymore that you don't know how. I just want you to think that you're this little girl. What would you do for the little girl? You have to love yourself and start to do things. We'll develop this in the course; do things for yourself that are so loving and empowering. You'll start to not be confused. You'll start to have boundaries."



"For your homework make the sentence. I want you to write letters to your parents. Tell them what you wish you got from them, what worked, what didn't work. All of the things. Get them off your chest and get complete with them. I want you to also write a letter to yourself. This is very healing. And then you can merge with your new, empowering statement that you're going to have to put all over the house. You're going to put it on the bathroom mirror, in your wallet, on your screensaver. You're writing a completion letter. You have to forgive yourself for making mistakes."

Anjali said, "I struggle with that. When I think of forgiving myself, I do it intellectually not at the feeling level. It's like putting on a happy face."

"No," I said. "You have new information now. Write it to yourself as a little three-year old. Write it to the little girl in you. You'll be able to do it. Picture yourself as a little girl and let yourself connect to her. Let yourself cry. Let yourself feel the pain of what you went through and how much you need love. You need to love yourself first if you want to find a loving husband to share your life with; you need to do this work. You need to love and forgive yourself. Just write down "I'm a child of God." You deserve to forgive yourself. Get off your own back, just like you love your son unconditionally, you'd do anything for him; do the same for you because you deserve it. You didn't do anything wrong. You were just born. You were born into this life as a human being. And this is what human beings go through. We all do it in a different way, shape, or form but this is it. And it's a beautiful thing. You don't have to protect yourself from any of these things. You're just used to it."

Anjali said, "When I start to do that, when I start to lapse into my old behavior, I don't know how to replace it with something new."

I said: "Replace it with your new sentence, with your future, with your life, with your son, the rest of your family. Close your eyes and build that muscle. That's what we're going to work on next week is something called Challenge Your Thinking that's going to make it stronger. Anjali that was great work. Thanks." Anjali had the last word "that was pretty amazing."

