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The queen's code book by alison armstrong

Happy Valentine's Day! Today is a day dedicated to expressing love – showing our loved ones how we value them and what difference they make in our lives. I don't think I can have a more appropriate guest for today's episode, and I'm so excited and honored to have Alison Armstrong scheduled today. This woman knows love – especially relationships and how we can get the relationships we want, one where both partners are satisfied, happy and excited to be engaged to each other. The truth is that relationships take a lot of work, and show our love and gratitude for our men – or then for us – is something that should be done every day, not just Valentine's Day. Alison explains how we can learn how to meet the needs of our partners and make ourselves – and they – happy. It all starts with loving yourself first, prioritizing the different needs and ways of communicating with each other. Don't worry, we break it in the episode, so tune and prepare to flood your relationship with love. In this episode [02:10] – What is the most surprising discovery that Alison has made on men and women, and their way of connecting? [05:02] – Alison said that we see men as "parliamentaries, women who behave badly." He talks more about how genres interact. [08:20] – Orion emphasizes that men do not like to denounce as much as women; Alison takes a step forward, underlining how deeply ungrateful it is in men not to expel energy on conversations like this. [10:10] – Alison discusses the use of Orion's "obey" word in relation to men, and talks about the importance of appreciating people's good choices. [12:13] – Alison talks about how to see the "part" in "part", how important it is to show appreciation in the currency of the other person, and the "value it calculates". [18:43] – What are some ways to find and/the love language of our partner? partner?–alison offers an example to explain why love languages and appreciation currencies import, also speaking of the teleclass called the equation of appreciation on its site. [25:15] – at Alison's house, she and her husband have something called a "credit tour", where they emphasize the things they have to be appreciated for. [25:40] – What makes a woman attractive to a man? the amazing answer of alison is that instead of worrying about being attractive, you should show that you are attracted to him. [30:00] – Orion talks about his inner goddess challenge, then asks alison's advice for what women should do to heal themselves. In his response, alison underlines the importance of forgiving. [37:09] – when alison speaks of "positi", is it public or private? and how do we get to a place to own ourselves and our actions? [40:12] – Alison speaks of St. Valentine's Day, beginning with his aversion to his disinvolved history and false beginning. [44:44] – money is like a man, says alison, and explains the connection. once again, it emphasizes the need to be impressed and appreciated. [46:42] – alison offers her advice on healing from betrayal, entrusting herself again and rediscovering faith in love. much of this wheel around unbearable expectations on both sides. [53:02] – what are the three alison tips to live a stellar life? 1. Find out what your short list (of things you really need) is. 2. make clear to all those who care about what your needs are, and ask if they will provide it to you. 3. assess whether the short list of what people are able to provide to you corresponds to the short list of what you need. hello and welcome to stellar life podcast. I am your guest, orion. Our guest today is alison armstrong, alison is a world-renowned expert on male and female dynamics is a sought-after speaker in gender differences, well-being, empowerment, empowerment, and relationships. Alison will teach you to understand men, teach you to understand women, and teach you to possess everything you are to be able to find love. Now, on the show. Hello, goddess of Queen Alison. Welcome to the show! Thank you, Regina Dea, wow! My first question is what is the most surprising discovery you have made about men and women and how they connect? Oh, my God. On 26 years, do I have to choose the most amazing? In 26 years of amazement? Golly. You don't have to do anything. Can I have more than one? If I can have more than one, I can. This reminds me of the panels of our laboratories. If we ask them what are your three favorite things about women, are they so literal that they really will sit there in front of a whole group of women and go hmm, is that? I don't know if it's the first three. I don't know if... We're like saying, forget about the first three, we don't care, tell us everything you love about us! I think this is one of my wonders is that men are literal and take our questions seriously and commit themselves to answering the question we asked. They'll think about the answer, and they'll really think about it. They don't know that a woman didn't really want the answer, like when she says why you haven't removed the trash yet? What you want is you jump off the couch and take the trash. Instead, he's thinking, is he thinking why I haven't taken the trash yet? I said I'd take the trash off, I'm a man of my word, why haven't I done it yet? Oh, that thing happened, and then the other thing happened. Now he knows the answer to the question and he's about to tell him and he's already dragging the trash to the sidewalk while he complains. You have no idea what just happened. This would certainly be on the list of wonders, as they are literal and that theyo answer our questions, and that commitment and the thought of the real answer have put us so long to answer that we didn't they did not understand the question or are blowing us up. Only one thing could save so many lives, just know. Men are literal and take our questions seriously and undertake to answer the question we asked Click for Tweet Thank you. We see men like hairy and unhappy women. Can you share a little more about our way of interacting? I've done a lot of work on this at a deeper level lately. It is the whole kingdom that would be enough called expectations, except for that word is too used and stopped to mean nothing. If people could only become aware of how many times their mind thinks that something should already be a certain way, it should already happen, it should already be done, they should have said something special, they should have responded in a particular way. On top of this, it's due to us. All we should do is get it, it should be. I shouldn't call the front desk for towels when I check in a hotel, I shouldn't. We apply the same thing to interact with men and men also do it with women. There are things that we are so certain that they should be like this, it is only true that it should be like this, it is invisible to us what the way it should be, it is only invisible. It just appears due to us and we are upset and we are angry and we feel torn. There are only things that any decent person would know how to do. We don't know that all these should be based on what I call an idealized woman or a perfect woman. Men do not know that they project us what is obvious to them. We both think it is obvious how a person should be and that the other person is not how they should be on purpose; know how they should be they're hurt, bad-act, or are lazy, which is another kind of misconduct, or are stupid, or are incapable. We take everything very personally. Especially, women hurt their feelings because if you loved me more, you would do what I would do. Men, oh my God, men, their experiences were disrespectful. They're so angry and we're so hurt and then angry, and then they're crazy. If only goes down the cabinet all because no one has thought of actually asserting the obvious because the human instinct says to save your energy or die and not waste any energy that claims the obvious and heads all that should be obvious. Men don't like to report as much as women in any case. I think their communication is even harder to handle. It's stronger than you don't like, it's something that's good to understand. That makes it look like a preference. All their system is pulling in the opposite direction. For them, wasting that energy, they feel tired just thinking about doing it. They shouldn't. How are you? "Fine." "How are you?" "Fine. Well, what happened at the meeting?" They bought it." "What else?" "What else does it matter?" This conversation seems so familiar. Yeah. To them, they do not know that it is only basic human hunter instinct to preserve their energy. They do not see an value in providing more conversation. This is one of the biggest problems that both men and women have is when we stop thinking that it is obvious and we take the time to tell our partners why it is worth the effort, and then when they strive to show them in very tangible ways that they do know that effort... This is a great one. Go back to law. Ask a request and then they will obey, but if you are not grateful, if you are not showing love and respect, then they will not do it again. ʘ I love ʘDid you use the word to obey why – where does your accent come from? Israel. I also like the word to obey. I like you used it because it's so honest and very few American women, or men, they would have ever confessed that we expect to be obeyed. We're too enlightened for this. But you're right, I should say what I want and you should obey. When you obey, now the only thing you leave is that you do not deserve to be punished. It's not good. You don't deserve to be appreciated... People should be appreciated to go further and beyond, they should not be appreciated to do what they should do. People should be appreciated to go further and beyond, they should not be appreciated to do what they should do. In my report, I find that the more grateful, the more I appreciate, the more I get. I feel my man wants to love me and he wants to do everything for me. I was listening to some of your interviews and you were talking about partnership, word-partnership, what's your part? Our part in the relationship is to be respectful, to appreciate, to celebrate what they do for us. It's also their part. I like you to have created a partnership because as you know it is my passion. We look at the partnership as suppliers and receivers. In all different parts of life, supplying someone and receiving someone. It is part of the receiver to provide clearly on what really matters to them and to provide recognition of such need to be satisfied, and to provide appreciation for everything the supplier spent in order to provide that, even the things they have given up to provide that. It's the same, no matter sex. In our course for men, we teach men... It's a funny conversation, Orion. The look on their face when they realize that they have actually trained women in their lives to offer less and less, that woman whomanized so wonderful, they actually taught her to do less and less for him. When they realized they did, their faces are priceless. It is because no one has taught them that their part is to provide clarity that means that you are going to have to specify the obvious, dear, you are going to actually say what you mean for this and not just think that I said to be directed, everyone knows what it means. Well, honey, if women knew they were going, they would already be. Not only do you have to provide clarity, but you have to provide appreciation. The worst thing is that you have to give appreciation in the currency of the other person. Most people appreciate in the currency they like to be appreciated instead of what the other person has heard them appreciated. I finally articulated this very recently when [00:13:33], which is going online. I have never articulated it so clearly before, so I am only next to myself. I call it the worst in the calculation. One of the things women do not know about men and men does not know about women is that part of human instinct is almost constantly calculating whether something is worth or not. In this calculation is the value of the result, the value of the result. Let's say this is worth 10, less as much money and energy and the time that would lead me to provide that, less all I should have given up to provide that, what I would not spend my money, energy, and time on to provide this. What people do not know is that we say you have a 10 minus 3 minus 1 so you have a 6. You might have a result that is a +6 or a +60 or a +600 or +6000. The greater the result, the more a person will generate that action without being asked. Another thing that people do not know is that if it is a small result or if it is a zero, to a man who also comes out, which means that I am not in trouble, but I have no benefit, to a man who is not worth doing. In reality it is dishonest/dishonestSomething to not be in trouble. You should ask Stephan about this. To a woman, we have such an instinct to be pleasing to anyone who depends on us and to avoid disinfecting that a zero is worth going to. Our instinct will have a zero worth doing even if we just survived, we are not flourishing. We expect men to do things just so they don't get in trouble with us. If a man does, he emasculates and is ashamed of himself. That piece people don't know. The other thing they do not know is that the value of the result is not only one, it is not static, it is the value of that result. Okay, let's say the result is that the plan has no dust on it. For half a day, because the powder comes again, for a whole day perhaps the piano will not have dust on it. This has almost no value in itself. But if the piano does not have dust on it and his wife will be happy, then she does not have dust on it and she will show her happiness to him, she will smile at him and she will betray to him, how happy she is to have a plan without dust and provided that, now that nothing, that is 600 points. That thing you said about being grateful, being grateful is part of the value of the result, appreciation, gratitude is part of the value of the result. It's the only way things that don't make sense to men become worth it for them to do for women. Alison, what are the different ways to find and speak the love language of our partner? We have to separate love languages and appreciation currencies. I think they have a relationship between them. Gary Smalley's work on "The Five Love Languages I think it's nice, he helped me a lot, especially in my relationship with my kids to find out when they were teenagers that their love language was, totally changed my relationship with my son because I had backwarded. Many people know his work. Acts of service, words of encouragement, time ofphysical bodyGifts. Gifts, this is one of my weakest. He's actually my weakest, so I wouldn't think about it. Is your language of love the gift? No, it's not. Mine would start with quality time and affection. Service acts, in particular, what happens is support. They are precious, you can jump out of love languages in appreciation currencies. But to give you an example— Yes, I want to know more about currencies. Okay, let me give you an example so important to find out. Public recognition, public appreciation, you did a great job, thank you very much. My informal polls, about a third of the people will raise their hand by saying that this really does it for them. More than that, half of the people, there are people who do not raise their hand at all. Half of the people will raise their hand that they would not prefer anything to be done with that, that public appreciation is actually a negative for them. People who love to be publicly appreciated provide a lot of public appreciation, and may not know that they are mortifying people. Another currency of appreciation is responsibility. To be offered a greater responsibility can be an appreciation currency, as wov you really get who I am, you get who I am capable of, you see me, you value me, because that is what it means appreciation, for the value. Wow, thank you. You might have someone reacting to being offered a bigger, so call opportunity is seriously, I haven't done enough for you yet. For many men, being touched is a language of appreciation. To touch the hand, to touch the shoulder. They touch so little. But there are people who touch it is that it is not appreciation, it is offensive. That's why it's really important to find out. For some people, helping me is appreciation. To others, helping me is insulting you think I need help. We have a telecast on our site called The Appreciation equation. It'swhat passethat people's behaviors are predictable based on their experience of appreciation. You can actually predict when people will go an extra mile or steal from you. It's really amazing, you can actually predict when people will go an extra mile or steal from you. It's really amazing, click on tweets that is really cool. It's fresh, it's hot, and, it emphasizes that it is better to understand what it occurs as appreciation for them because you can think that you are really appreciating people and cannot stand up, they are actively undermine you because of how much unappreciated you feel. I discovered this from someone who thinks they are really appreciated, but I knew their employees and knew that their employees were actively bad mouths at them and understand how to take the appreciation they wanted, how to literally take it home with them in things, and they realized that they were simply not talking the same currency, they were not expressing in the same way. Here is when I learned that it is really fun, but one of the appreciation currencies is forgiveness. How is she? When a man blows it up, they blow us, they hurt our feelings, they say the wrong thing, forever. They show up late, they're not good clothes, they don't tell us we're beautiful in our dress. There are always things they should have done that they don't. When we lose a man, we're like honey, all right, look at everything you already provide. This shows appreciation, you have so many points in the bank from everything you provide, of course I will forgive him. This makes them feel appreciated. When we don't forgive them, am I like why I care to do everything I do for you? I don't get any credit for it when I'm in trouble. I don't get a free card prison ocire. Oh, that's good. I just started playing monopolies. I have that reference. If you wanted to do something huge. Do one and say I appreciate what you're giving me, what you did for me last week here. Oh, my God, I was just thinking about the same thing. I have to make one. Every time I'm angry with you, you can play that card and I'm gonna take the responsibility to get over it. It is one of the most important things to be engaged in, the most important things to provide, the most important things to ask. We only get resentful when we have not been appreciated the way we want, but we do not ask and we have to ask why we think it is obvious that they should appreciate that we have done so. In our house, we did a credit tour. When I need appreciation for something, I ask Craig, tell me what is a good time for a credit tour. I accompany him literally around and I point out the things that I need to be appreciated, and he appreciates me, and then they're all stuffed. Very well. Yeah, that's a big deal. What makes a woman attractive to a man? It's a big subject, this is a big question. One is what she appreciates. One of my favorite answers I laughed at the time was not really until long after I realized what he was saying. It was a panel of men and the question was what qualities in a woman find attractive? This man was really candid, there is this little smile on his face, and he said he finds me attractive. I've heard enough cynically at the moment and then started learning more about it and discovered as women, we are so worried about being attractive to men, we don't know how much they are dying to be attractive to us. When I talk to men to sexually object to women, the most common answer is that I would like to be sexually objected. Oh, wow. "You can object to me." They have the opposite answer. "You can only want me for my body, you can tell me that I am a beautiful." He's so cute. They want to be desirable for us. That's it. This, in advance, we're talking 25 years ago with my husband and I started out. We were in class together, and I needed something on the other side of him. I approached and, as I reached, I balanced by grasping his triceps, his upper arm. I approached, grabbed my arm as I approached, and his arm was like solid rock. I didn't know that about him, this is new. I was mean and I got it. I was bitter and vengeful and I am not proud of myself for this, and I own it. Whatever it is, wherever you weren't the person you love the most when you're like that, just being like this. It is without justification, this is the important part. Whatever you justify, you are not owners. You own it. I failed, I came short, I disgraced, I was bad with that person, I hurt someone else, I am just that, I am that, I am. Only possession of it is as if you are grasping again. I am the person who feels bad about this because only honorable people feel bad when they are dishonorable. And then forgive yourself, forgive me. When you forgive, you'll still have a chance. Then, you're going to risk. To forgive yourself, what is natural for people to avoid all these things, to avoid love, to avoid relationship, to avoid being in business, to avoid interacting with their parents. People avoid places where they are ashamed. If you forgive yourself, then what opens is how life asks you to engage again. Come play, come play, we need you. I mean, when I answer the phone, I say it a lot. Very well, good for you. You can ask Stephan, would you mind me if I answered with: "Hello, sexy?" No. He would be like: "Can you get tired of someone answering the phone, "Hello, man?" He was on my list before he met Greg. I wanted a man who thought I was beautiful and said so often. The first time I have I after our first date, he said: "Hello, man." I thought I'd be okay. Good Nice. You will be our special Valentine's Day episode and I am so honored. What happened in my life last week is that I posted an online challenge, Awaken Your Inner Goddess challenge, helping women connect to more self-love. For seven in days, I'm sending them assignments. In 15 minutes a day, they will love each other more. I'm doing it, I'm driving them, standing on the shoulders of giants like you. I wanted to know for our community, we have almost 350 women who challenge in a few days. We have this amazing Facebook group and they are all talking and they are sharing from the heart, they are sharing intimate stories, they connect each other, they are from all over the world, they are so excited about this. It's just amazing, super grateful. What is your advice for them on what to do to heal yourself, and then what to do Valentine's Day? Wow. As you know, our curriculum is teaching women to honor. That founding of the Queen's Code is honoring your first and then others. Our instinct is to please have us on others and lose ourselves in the process. This is about to look super unromantic, but it's amazing in the results it creates. You have to do something that is not well known, the things we have done in our life of which we are ashamed, which is one of the worst feelings that people can hear, is one of the most intense feelings that men feel, by the way. When we are ashamed, it is an indication that we have dishonored, we have dishonoured our values, our principles. It makes us separate from our spirit. Some people never get past it. We discovered that it is not difficult to overcome, it is actually a journey back to yourself. If you look at something in your life that you're ashamed of where you're afraid, you're really disappointed someone who might mean you're really disappointed. What is there to do? That's what I did to go, I was really snarky to that person. I'm proud to be generous, and I've been so snarky and pungent. It's mine. Or, I was mean and I got it. I was bitter and vengeful and I am not proud of myself for this, and I own it. 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