

## Shit We Don't Talk About - Episode 68

Dave Glaser

### Modern Dating & Relationship Tips

Mia Voss 0:03

Hey, welcome to episode 68 of shit we don't talk about powered by helix interactive. My guest today is Dave Glaser and the topic, modern dating and relationship tips. We'll talk about modern dating through the lens of attachment theory Enneagram and masculine and feminine energy dynamics. Yeah, that's a mouthful, which means I also need to whisper. As always, there's an accessibility transcript that can be found in the show notes at ship. We don't talk about podcast.com and the identifiers for the podcast. Dave is a white male in his 40s with dark hair, a beard mustache. I'm a white female with blond hair and glasses in my 50s

Unknown Speaker 0:41

I don't have to be stopped today. Alright, strap in.

Mia Voss 0:45

It gets good. Here we go.

Unknown Speaker 0:54

Dave. Testing good. Yeah. Sounds good. How are you loud and clear how I'm doing? Well.

Mia Voss 1:02

All right, listen. So you know, when I initially approached you about this podcast, which obviously you have your own podcasts on this, which does make you the reason why I want to talk to you today. And you're you're walking the talk, right?

Unknown Speaker 1:14

As best I can. Yes, she can,

Mia Voss 1:17

right. We're all sometimes limping around on this one. We wanted to call this dating tips and dick pics. We may get into that. But I just think the title is so funny.

Unknown Speaker 1:29

Yeah, I think I think that both of those things are very valuable to talk about in 2022.

Mia Voss 1:35

In this, this internet age, exactly. What I'm what I again, what I said before I hit the record button is I'm literally just here to take notes from you. Right? To sit at the feet. And I also think that a lot of people are really curious about how to do this. I love what not to do is we don't necessarily have to do that. But I'm sure you'll give us some good juicy ones, right?

Unknown Speaker 1:59

Oh, yeah, I've definitely learned throughout my single life, what not to do, you would think that you would think that after recording a bunch of episodes with experts and guests on the

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podcast, and then sharing my personal life on Instagram and Tiktok, that I wouldn't be making mistakes anymore. But that's not true. What I've, what I've found that's really beautiful, and really encouraging is that I have my stuff, and I'm meeting somebody else who has their stuff. And we're trying to combine our stuff in the healthiest way possible.

Mia Voss 2:30

I think and that's, that's a form of lived experience. So you're, you're actually doing the work as as you go along with it and bringing people which which makes this information even more accessible. I think. I think a lot of experts couch themselves or put themselves out there as in as if like, I got it all. And we found how many if not all of them have feet of clay. Right.

Unknown Speaker 2:53

Oh, hi. I could not possibly represent myself like that. I am.

Mia Voss 2:59

That would be a red flag. Speaking of which I was I just want to say, I've been saying this lately about dating that. It looks like it looks like a cake. But it's a red flag, right?

Unknown Speaker 3:08

Yeah. Look at this bouquet of flowers I brought you but it's made out of red red flags.

Mia Voss 3:16

And they're gonna unfurl larger and larger as we go. Right?

Unknown Speaker 3:19

Right. The modern modern culture is all about memes and sharing, sharing truths through memes. And I think my favorite meme of all time out there is I'm not going to do a boyfriend reveal. I'm going to do a husband reveal at the wedding.

Mia Voss 3:35

Listen, I don't know what we did before memes and gifts. So I have to let you know that is my love language. Because they're so succinct and I absolutely love them. So alright, let's dive in. So this is what I love that you sent to me, but not like we haven't already. Again, let's see how many times I said that's what she said we could turn that into a drinking game. But this is what you sent to me on topics you want to discuss. And I was like, yes, yes. And more of that modern dating through the lens of attachment theory Enneagram and masculine feminine energy dynamics. So listen, talk to me, like I'm a two year old. Although if I was a two year old, I wouldn't be in the dating scene. So you know,

Unknown Speaker 4:14

is a judgement. No, no, I mean, I had my first kiss in preschool. And I don't think that had as much to do with technology as say like the kids nowadays are impacted. But the curiosity starts young, you know, I was always a little bit girl crazy. Even as a five year old,

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Mia Voss 4:36

I was a boy crazy firearms and my first boyfriend Randy Taylor. 97 was the name. Oh, I do. Yeah, that's, that's where I that's where I sit on that side of the conversation. So but I love that and I think society really demonizes that too, though. And makes it unhealthy. Right. So that's there's the start of our dating problems.

Unknown Speaker 4:57

Oh, yeah, definitely the cultural narratives that we hold on to, whether that be a religious narrative that we were brought up with, or a psycho biological social narrative that, that puts a gender in a certain place. And those are narratives that are unconscious and conscious in our, in our society.

Mia Voss 5:23

I think what's interesting too, is a lot of people like to do the good old days kind of conversation of, you know what it was like, before kids these days, that narrative, I will say being in my 50s. Now, I love the fact that a lot of my shit tastic behavior in my 20s and 30s was not documented. So I have that going for me, however, who's to say that, that having the internet or not having the internet was, you know, making it better or worse, for how it is. And I think it's just overall the way society is that it's, you know, its age old, or the kind of shit and the kind of dialogue we get, right.

Unknown Speaker 6:01

Yeah, absolutely. I think that technology makes the world a very small place. But it also makes it a very big place where, where a lot of different narratives can be, can be perpetuated, and I need to check myself on a lot of the narratives that I put out there. In my social media content. It's something that I've, I've definitely become more aware of when, when I put a clip a short little video out about attachment theory. I will receive feedback from both the anxious and the avoidant that I'm displaying in that video, in ways forms of criticism, absolutely. Of like, Don't you dare demonize women that uh, well, I actually didn't use gender in my video. But I did highlight the kind of the extreme versions of anxiously attached and how polarizing that relationship if they're in one with an avoidant Lee attached person can be and and so I think that I wouldn't have met as many great people in the last year as I have if it weren't for tick tock and going viral multiple times that, that I'm grateful for it, but I'm also like, weary of my own responsibility in that perpetuating narratives.

Mia Voss 7:17

And I follow you on both. So I'll put this in the show notes, y'all. But Dave is at Dave dot Glaser. So go follow him. Because the thing that I like, and I'm going to toot your horn for a little bit, so sit back,

Unknown Speaker 7:30

bring it. I just glow in there. Appreciate. Yeah, who doesn't masculine wants to do.

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Mia Voss 7:36

We're gonna talk about that. I love that. But I do love the one thing we said before we started to is that I appreciate and that we that you are going genderless on this because you talked about specifically in some of your great information, which is why I love your content about having a relationship that was gaslighting, and was what's the word? I just forgot? What's the other one gaslighting and

Unknown Speaker 7:59

narcissistic? Or is this

Mia Voss 8:00

a good thing? I'm blocking it out a little bit. And you know, I've seen understandable eyebright and I've seen a couple of things that get very specific about even books written about the narcissism, narcissism, why? Why he operates this way, and I'm like, stop it, stop. Stop gendering it. But what I like too in your content as you you ask a lot of questions and so again, getting away from being the expert about it, it's more of the the interactive of hey, you know, what do you think? What do you think this is? And then you you post reactions to which I really like as well.

Unknown Speaker 8:35

Yeah, thank you very much.

Mia Voss 8:37

It shows a lot of vulnerability and I think dating in the dating world, it vulnerability is such a difficult thing to approach. Yeah,

Unknown Speaker 8:49

yeah, I struggle with vulnerability. And a lesson that I learned recently that I'm actually still processing a lot of grief and some remorse around is that I was afraid of apologizing for something that I could take responsibility for because of how vulnerable that feels. And I've learned my lesson I can understand how another person would feel when they don't receive an apology and and I get to grow beyond that I get to grow from that even though I'm still facing that grief that goes along with it.

Mia Voss 9:23

Sure. Sure. I've done that again, that's part of the learning curve as well. So I love the what I've been listening to a lot of is a lot of what not to do I listen to a podcast called something was wrong. I mean, you talk about shit show of a lot of times I end up yelling I'm like girl Come on, sir. Come on, because some of it seems super obvious but it is a lot of dating stories and then I watch a show on YouTube about cat fishing. Those are the the ultimate and what not to do's but I think of a lot of it has to do with people that have attachment issues. So Talk to me about that learn me on this one attachment theory and avoidant attachment. Now, how much time do we

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have?

Unknown Speaker 10:07

Yeah, I'll try it. I'll try to be brief and succinct for our conversation today. But there are four different types of attachment styles. Six, technically, but we'll only cover the first four, as pertains to our conversation today, about 50% of the population is securely attached, which is good news for a lot of people. But they tend to self select themselves out of the dating pool very quickly. They attract and are attracted to other securely attached people. And they make the decision to couple up faster than the other attachment styles. And so keep moving. And so there's about 25% of the population that's avoidant Lee attached, they tended to grow up in in a home where they had absolutely no predictability of where love was going to come from from their caregivers. So they went ahead and met their own met their needs on their own 20% of the population is anxiously attached. And that came from a household growing up in your childhood where love was very even more unpredictable of sometimes it would be closeness, sometimes it would be extreme distance from caregivers. And so the anxiously attached person formed an idea in their head of like, if I don't cling to this person, they will leave me and it shows up in adult relationships very frequently. That's where the term needy and clingy comes from. In modern dating and and we really want to rewrite that narrative because it's only perceived cleanliness and neediness, not actual cleanliness,

Mia Voss 11:43

we could stop the interview right now. That is such a Oh, that gives me a sense of relief, actually, because that that name calling is is a huge piece. And that's actually also being protective of yourself or being you know, feeling like oh, I need to throw a name out. So that I don't have to maybe see that person. But I think that goes with the mental wellness piece that we're so missing in our world right now.

Unknown Speaker 12:08

Hmm. Like very well said,

Mia Voss 12:11

that's part of a YouTube Well, I like that. Okay, so that's good. Those are good odds. So we have 50%, that have that are had don't have an attachment disorder. Do you feel like this is a new dialogue? I feel like it, it is in some ways in the in the dating world of having these these kinds of tools?

Unknown Speaker 12:28

Yeah, it's relatively new in the psychology world that attachment styles have been researched since about the mid 60s. But I think that with the advent of social media that has truly perpetuated the narrative of one one person complaining about the neediness of their partner but not understanding of where that comes from. And I do believe that all attachment styles can be in relationship with each other. The best case scenario is that unavoidably are anxiously attached person finds a securely attached person and they are guided on the path to what

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secure attachment it's called earn security looks like in a relationship. And so

Mia Voss 13:10  
me taking notes,

Unknown Speaker 13:11

he Yeah, hey, see, you take it I love that. And then finally the last 5% of our attachment styles that we won't dig into our fearful avoidant, anxiously avoidant, preoccupied and fearful avoidant, which is my personal my personal attachment style. Plus, there's sociopaths, psychopaths and narcissists in that last 5%

Mia Voss 13:39

Yeah, that's a lot too. And I mean, I would think too, and I love that best case scenario. That was very sweet. I think emotional intelligence. I love that that is on the rise in that discussion is is becoming genderless in a way too, so that it's not like women have to do all the heavy lifting of you know, carrying all that emotional baggage and and then the guesswork to I think there's a lot of guesswork. I just read this really, actually, it was on crappy childhood fairy. That's my favorite of talking about CPTSD. That's where in the last year of being single, I've done a lot of work with complex or childhood PTSD. And one story that she read a scenario was it was a guy that's the woman was definitely an introvert. And it was quite painful. But she was really good about saying her boundaries, but he wasn't listening. He was the one writing in and it was so interesting that he was assigning all these different things to her. Even though she was communicating very clearly, and I know we're talking about things that are not, you know, that are a little more dramatic, but we thought it was so interesting how much he was like, well, maybe she's XYZ right? Yeah, yeah, that's that's a dangerous place to be to

Unknown Speaker 14:52

100% I spent some time with guy friends a few weeks ago in the mountains and, and one of my one of my friends was He was definitely sharing about his relationship challenges and trying to put a label on what this person had. And I caution anyone in everyone from placing a label on others, especially when we're not clinical clinical psychologists or forensic psychologists, psychiatrists, that's a slippery slope to enter into. Because then we're simply just pointing the finger at somebody else where when we point the finger, there's three pointing back at us. And that

Mia Voss 15:35

comes from somewhere.

Unknown Speaker 15:39

Yeah, absolutely does.

Mia Voss 15:40

Yeah. And again, I think that's the defensive behavior, though, that that we use when, when,

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when when we don't have use our emotional intelligence. So great point on that, too. So we've got the attachment styles, and then and so do you. So it sounds like knowing what your attachment style, which is what you've determined as well, I think mine is might be the second one. What was the second one you mentioned?

Unknown Speaker 16:04

avoidant Lee attached? or anxious avoidant?

Mia Voss 16:08

I might be a little poopoo platter of both. Do you think figuring that out for yourself is one of the most important things I mean, even if you're in a relationship, don't you think that's one of the most important things to figure out as you might be? Moving from a might be stating the obvious here. But like figuring it out, really does help you kind of get to the next level of how you communicate? Or how you even work with people or people with people?

Unknown Speaker 16:33

Yes. And I think that's a very good question. I think that self awareness in any relationship, especially the relationship with yourself is really important. What's most beneficial is that if you're struggling with relationships in general, then this can be a helpful tool. What's not helpful about the tool is that we oftentimes come or are reminded of our childhood and our coping mechanisms, or the attachment strategies that we developed in our childhood, we're like, Well, this is just the way that I am. And, and as an anxiously attached person, you might actually hear yourself saying that of like, well, I just really need you to be close to me. And that's the way that I am. What we can't bypass is why that is the case, or what feels familiar about that for you. If you really enjoy closeness with your partner, and your partner is pulling away. That's some of the language that I hear from clients and from people on social media, when discussing their attachment style of like, well, that's just the way that I am. And accepting it is one thing. So yeah, accepting that about ourselves is one thing, but doing something about it is another. So I feel as if my attachment style fearful avoidant is a gift. It's a challenging gift to work with. But it helps me empathize with both the anxious and the avoidant attachment style, because I have both within me and I flip flop between those poles, depending on who my partner is. If they're avoidant Lee attached, I'll be a little bit more needy and clingy. It's a tendency of mine, and vice versa, if they're anxiously attached, I'll find myself pulling away quite a bit more than say, like a securely attached person, right. Unless I choose to do something about it.

Mia Voss 18:28

Right. And so what I love that too, so that's getting away from that's just the way I am, which I think that is where where a lot of people are at on their emotional health. Right. There's something like I've determined that this is you know what it is? And if we stop it that though, that that's a lot of dysfunctional people out in the world for sure, too. Yeah, and I would think trauma bonding. We're just trauma bonding fallen with all this

Unknown Speaker 18:56

room. That's a very good question. I appreciate you asking. And to dig a little bit deeper into the polarity of how attachment styles show up in our lives. The anxious and the avoidant are actually gravitationally pulled towards each other like a magnet. And what it's called is either the push pull dynamic or the anxious avoidant trap. And that's a really nice, safe way to say codependent. What how codependency comes into those relationships is that the avoidant will pull away from the anxious and the anxious will step into that space that's created by the avoidant. And then because that closeness scares the avoidant, they will step even further away and then the anxious will come closer again. And how that's codependent is that the avoidant will enable the anxious to continue to do that process. And it's a continuation that is the trap of like the avoidant wants closeness is an intimacy but they're very afraid of it. They're like I don't want to leave give up my independence. And when the anxious gives them a tension that feels good, but too much attention, and then they pull away. And so it's this, this chase that is developed and that's codependency in this particular case where the trauma bond actually comes in is trauma bonding is a lot like codependency there's a need there almost as if like, the avoidant and the anxious when they get into this trap they feed off of that energy of like, this is the only way that I feel love is familiar to me.

Mia Voss 20:36

So what's interesting so and I know we dove and I led it that way into more into relationships but I think that's almost more important to lay that groundwork of like, okay, here's what it looks like when you're getting in with a different people so and that's why I love that figuring out what your style is, I would think can help you when you start dating and start realizing these you know these these different things that come up there's there's unknowing things I would think just you know people reacting how they do if they're not aware of their attachment style. And then there are things because I listen to all those crazy shows like The the something was wrong, love bombing, I didn't know about that until like the last year or two I was like oh shoot me and that's a giant red flag. So I think the more that you're familiar with yourself, then you can go out and look for that

Unknown Speaker 21:25

right? Yeah great thing to bring up as as I've learned more and more about attachment styles and how they show up in my own life. Love bombing can come from both attachment styles anxious or avoidant the anxious will love bomb the avoidant because they're like yeah, here I am. It's it's called a protest behavior of like, I'm going to come on strong like I always have but it's okay because I love you so quickly. I trust you, I know you so that you won't leave me hmm. And the avoidant will love bomb in an attempt to change their own narrative or their own past experience in their relationship programming of like, well, this time will be different. So I'm going to love bomb them in the first three, three weeks to manipulate them into trusting me that I won't leave them. And then as soon as the anxious receives that they're like, like a sucker fish. Yeah. And then guess what the avoidant starts to pull away. And that's, that's why three weeks in four weeks in or three months in is really key milestones to be conscious of when it comes to the anxious avoidant trap.

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Mia Voss 22:31

So everything that I've been reading or seeing as far as any kind of dating advice and dating information, certainly, from what you put out there and some different things that the slow and this the slow approach, which is the antithesis of what society is like, I mean, everything is like just add, I mean, it's always been like that. As far as you know, movies and books and things like that. Everything's everything. It's always all the love the love movies start with like the very beginning of what's going to be the long tail of the relationship the you know, the wedding, the meet cute, whatever it is, as opposed to that, you know, that long haul of getting to know them. So yeah, to me, it sounds like the slippery slope pieces is probably the best advice, right?

Unknown Speaker 23:17

Yeah, absolutely. I like the transition that we're taking here in the conversation because the slower approach is something that the anxious of attachment style can be very appreciative and conscious of to help them self soothe. What I like to talk to my my anxiously attached clients is what is your comfortable? What is your comfort level with dating more than one person at a time? Ooh, well, that we don't become singularly attached to one person. It's called fight the myth of the one room is how I like to phrase that there is not the one out there for us. That's just perpetuated by Disney and movies as you were describing of like, this is how love is supposed to be when actuality Love is a verb. Love is a choice. Love is something that we wake up every morning actively pursuing. And that's the true gift of relationship.

Mia Voss 24:14

those are fighting words for some folks though, because they love that that mess that perpetuation of it because what it's what they're comfortable with, rather than that and even you seeing that of like, dating several people once I'm like, ooh, that that felt weird, right? Because Because that's not especially for women not to to let's gender it for a second because we both sit on the opposite sides of this. I think for for you know women it's it's probably even a tougher thing would you say to to master because men you know, player, the whole thing. You're okay with that. But guess what women get called talking about labels. Hmm.

Unknown Speaker 24:53

Yeah, I think that there's a double standard in our society when it comes to that. Yeah, I'm seeing Let's see, I'm seeing more of an opportunity for sexual liberation and personal liberation in our culture these days where, you know, hot girl walks was a big thing this summer. I know phosphate, phosphate and things like that, right? I think that I think that we can expand our conversation beyond just dating multiple people. And as the anxious attachment need, can be aware of and can, can grow and develop through is okay, maybe it's not the right fit to date multiple people at one time. But what other hobbies, passions and pursuits do you have in your life? What other relationships do you have in your life that are equally or more important than your partner? Because it's not dating multiple people. That's the solution. It's understanding why we hyper focus on one partner or one relationship. That is the key path to growth. And when we have hobbies and pursuits and passions outside of our partnership, for the anxiously attached person, that is the gift, that's the path to growth. Wow,

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Mia Voss 26:06

I wish that was said more often. And keep saying it. And I'll keep doing what you're doing. Because I think that piece right there. And it's so interesting, because everybody does focus on and that that is that like, once I have XYZ, I mean, you can you can apply that to a lot of things. This job once I I want kids so I once I have the kids and I'll have this not me, by the way.

Unknown Speaker 26:29

It wasn't a proverbial we are Yeah, right. Right. Right. And it

Mia Voss 26:33

but but there's always that something. So then when you're right, when you just sort of parse that out or start outsourcing to different things of happiness. That and again, that people don't like that Hollywood certainly doesn't like that the general narrative doesn't. But I do love the idea to go back to that to have more of the piece of this but like this sexual freedom and more of the the freedom for women to express that as well and get away from it. I'm really dumbing us down but to get away from the Madonna horror situation. Hmm, that's really what it came down to. And it's interesting with what's going on in the world, no matter where you stand, generally, my audience to stand on more of the blue side. But if if you're not come over to the side, if you like, but I think the freedom of what's going on with reproductive rights and reproductive freedom really ties into this as far as relationships and power for women. Hmm,

Unknown Speaker 27:30

yeah. Couldn't have said it better myself. And I appreciate you speaking to it from your from your perspective.

Mia Voss 27:36

Yeah, it's, I encourage people for more of that. Alright, so talk to me about Enneagram. And the power of that, because I think that would pair nicely with also knowing your attachment style, and in what and how you would do in dating or improving your current relationship?

Unknown Speaker 27:52

Yeah, that's a really good question. I think it's another helpful useful tool that I've grown a lot through, I'm known as the challenger on the on the Enneagram, type eight. So a two. I know

Mia Voss 28:04

Debbie shear is the one who told me that she helped me figure out was a cell. And I'll put some links in there. Dave did a great I don't know if you just did it on stories or on a post. But you did a wonderful series about the different Enneagram the numbers in the Styles, and I What was nice is that I looked at other numbers, just not my own, not not just my own. And I was it was kind of fun to see.

Unknown Speaker 28:29

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Was that the hinge prompt series? Or the Enneagram? Types? Yeah, that's one of my favorite things.

Mia Voss 28:34

I liked that a lot. I liked that a lot to So talk about that. I mean, I know it's, it's probably some people know about it. It's spelled e n n, e n, n e a G r a M, I like to spell things out for a lot of folks who are just listening in or enter hands free right now. But how do you find that out? What do you do with that?

Unknown Speaker 28:52

Sure. recommendation that I like to point people to is to go to [nine.types.com](http://nine.types.com) and take the free version of the red T version. And then they they're open to sending a screenshot over to me on Instagram, and then I'll send them an extra links for more information. What I've found through the lens of the Enneagram is that we have nine levels of optimal health, one being your optimal self, your highest self, and nine being where you struggle most where the shadow is actually going to show up for you. And the shadow holds things that we don't want other people to see. It holds things that we don't want to address ourselves. And the Enneagram is a great tool to help us access what's hidden in the shadow. So as it as it pertains to relationships if we're struggling, both with our attachments and then also with our communication. When we look at the Enneagram and I'm sitting anywhere from like a five, a six or lower on the Enneagram through the description and in each individual type. I need to take a look at my own personal growth and development through the lens of the Enneagram I'm in order to kind of right the ship on my own. And this is this is essentially interdependence is what I'm describing here is I'm in partnership, I'm struggling in my partnership, what can I take responsibility of, and how can I learn more about myself to do it, what I can take responsibility of is that I'm hiding things in my shadow that I don't want my partner or myself to take a look at at this time. And it's kind of like, oozing out of me, it's leaking out of me and my energy. And it's going to impact my relationship. I preface all of that with the segue into attachment styles. If I'm sitting at a five, a six or lower on the Enneagram, that's when my attachment style becomes activated. If I'm living in my shadow, if I'm looking not looking at things in my life that I'm struggling with, I will distance myself from my partner, I will pull away and I won't be leaning in anymore. If I'm with an anxiously attached person, guess what they're going to want closeness. And they're going to want intimacy to make themselves feel right again in the world. And I need distance in order to feel right again in the world. So there are two useful tools that we can both integrate within ourselves temporarily, or as a foundation for self awareness and personal growth, to access the things that we don't want our partner to see, or that we're not willing to take a look at ourselves.

Mia Voss 31:27

So is the Enneagram. fluid?

Unknown Speaker 31:30

It's very fluid. Yeah, okay. We can we can move around to different types. We can become a higher version self, we can become a lower version self all within the same day, or within the

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same week. God,

Mia Voss 31:44

I thought it was. Do I have to be something all day all the time? I don't think again.

Unknown Speaker 31:49

Yeah, right. I definitely were not wanting to be put into a box here.

Mia Voss 31:53

No. And I think that what I really like about this conversation, too, is that I don't get that impression when I think about any gram. And and maybe that's why I was curious at looking at the numbers. I think I even commented, do you like, oh, I want to be a four something? It was?

Unknown Speaker 32:09

I can't remember, wait, you can become like the four, right? just split it in half. All right. Well, if you're open to it, I'll briefly describe how the eight can become like a four. Yes, please. All right. So what I mean by optimal levels of health is when we're closer to a one or a two or a three on our levels, one through nine, we we tend to resemble as a it's more of like the helper the two, but only but more. So the best version of a to somebody who has self deprecating humor, somebody who is very unique and individual in this world. And that's how we become like the four is because when the two is very integrated, they're resembling more of the four. And so that's how the fluidity of the Enneagram kind of flows around the chart. From day to day, when I'm at my best, I have a very good sense of humor, I have self deprecating humor, but not in a self critical way. I actually use it to drive deep connection with a partner or with a co worker or with a family member. Because it gets us laughing, it gets us connecting, it gets us deeply intimate in a moment. And that's how the fluid the Enneagram becomes an if you want to be like a four, well, then the personal growth and development that we get to choose to work on every day gets us towards that number.

Mia Voss 33:36

I love that. And because I literally did think in terms of maybe this is me, folks, this is my show. So I can make it about me for a second. But I think it's because I thought you just you know, you find that diagnosis, and then you figure out a way to either deal with that or be that so thank you for that. That permission for all of us to say, okay, whatever it is you are you can be a work in progress. And it really goes back to dropping that that's just the way I am. That we that we all truly, truly need to drop it. Alright, here's the last juicy piece that I'm totally digging is the masculine and feminine energy dynamics. I mean, because we're so divided with with these two things, and it's so fluid and we think about even our hormones, I'm on hormone replacement therapy. I mean talk about this. Now I have, you know, testosterone and estrogen and progesterone and it's just this like fabulous ecosystem of feeling wonderful because I have the balance. So it's got to be the same thing, obviously, with masculine and feminine energy, the dynamics of that and

Unknown Speaker 34:41

yeah, thanks for that. Thanks for that transition. I'd love to close out the conversation of tying the masculine and feminine into the attachment styles. Oh, what I do want to acknowledge is that we all have each and every one of us both masculine and feminine energy within us some Most of us tend to lean more towards a core energy of masculine or a feminine, I'm probably a little bit more like 60%, feminine 40% masculine. If I could be completely honest, what I had to understand through to through getting to know myself through the attachment style and attachment theory lens, is that when I feel anxious in my relationship, I become very dysregulated. I be calm, very needy, perceived, needy, and I become very perceptively clingy as well. When I'm feeling anxious in my relationship. When I'm feeling avoidant in my relationship, I can actually become very petulant, very childlike, somebody who are anxious people away, right? Yes, bratty is a good word for it. But why I prefaced the masculine feminine energy conversation with that information is because the solution to becoming anxious in any area of our lives in a relationship yet work in our relationship with ourselves, the solution to anxiety is to become grounded again, or to become regulated again. And that knowing that well, okay, well, groundedness centeredness presence is a masculine energy. So if I feel very flighty and very batshit, crazy, okay, you can edit that out, if I feel very chaotic. If I feel like the storm, well, then I know that I'm sitting in my feminine energy, which can be coincidentally, a lot like anxiety. So if I'm tuned into my body, through an embodied embodiment, practice, then I can recognize that about myself, Oh, I'm in my feminine right now, which means that I could be showing up as anxiously attached. But if I write the ship, and I get grounded, again, through breathwork, through jujitsu, through journaling, through meditation, through prayer, through yoga, if I can become grounded in my masculine energy, then I'm no longer experiencing my anxious attachment style.

Mia Voss 37:10

And to be clear, we're not talking gender, either for anybody who's getting butt twisted about that at all, because it's easy to be like, Oh, you mean more like a man and a woman? And that's not we're saying, at all right? And just energy? Yes. And I love for one dysregulation as huge as it is it dy S? Is that how it's spelled was a D is dysregulated. It's D is here as Gotcha. So Jung, Google that as well to that, that is a huge piece that I've really been learning about with CPTSD. But the embodiment practices, I think, are just incredible way to take yourself back to it. That to me, that has to be a daily practice, though. Hmm. It really, really does. And even in short bursts, I would think, which is what I do as well, too. And I love that you're into jujitsu, Jujitsu, I think that's the different modalities, I think, like finding your own, or bouncing around between some, right? So you can stay in that. So what I like that, too, that I think that that's something that that men and women or people in general, me, let me take gender out and entirely, just people in general could really practice because then that's your touchstone. And back to that, too, of not looking to that person, not looking to an outside source as well, too. That's when I get super wound spiritual. I'm not looking to any outside source of being you're what keeps you calm? And what keeps you regulated,

Unknown Speaker 38:38

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Dave Glaser

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huh? Yeah, I can appreciate how you how you said that as well, daily practice. The daily practice takes a lot of discipline, which is a masculine energy. And so if I'm struggling in my relationship, if I'm feeling anxious for any reason, I need to come back to the discipline. And I need to remind myself that a lot of structure in my life is a good thing. Structure of jujitsu four to five times a week, at the same time, each and every single week, you know, so they're oftentimes when I say no to a partner on a Wednesday or Friday evening, because I have prior commitments of my own self care routine.

Mia Voss 39:19

And I think that's what's that's just so healthy that when you're keeping the boundary, and you're setting the boundary with the person, and I would think that would be a kind of a good indicator or a green or a red flag. talk so much about red flags, green flags are very under under appreciated and understand and a lot of ways to, but I would think that would be either a great green or red flag just to see how that person does not cross that boundary for it, too. All right. I'm gonna throw out a couple questions. Yes or no dick pics. What do you what do you what do you what do you say about dick pics?

Unknown Speaker 39:57

I say that between To consensual adults who are in a relationship and they have expectations around when and how that gets sent. Sure I say be playful, I say be sexual. I say, create a lot of anticipation and mystery in your relationship of like, Oh, am I gonna get a sexy pic today? Now I'm not saying that dick pics are sexy. But I do understand that intimacy in a relationship is very sexy. Yeah, if you're, if you're if you're brand new to somebody, yes, fuck no. Don't you dare send a dick pic.

Mia Voss 40:35

Because, you know you could get is somebody that says, Oh, I would not send that to anyone to fire. You

Unknown Speaker 40:42

know, like, if you better believe that the person who receives it sends it to their group chat. And now okay, got another one. And look at this. And the way that the world is changing nowadays with technology is California is actually making that a sexual offense. They just passed that law.

Mia Voss 41:00

Wow. I do them too. I agree. And I think on on so many levels, because, you know, this is how a lot of people are coerced as well. That that there's a lot of things that get out there and get into the wrong hands, then when we're just talking between consensual consenting adults of of age. So I would say yeah, you know, use caution with that, too. But again, you can bounce back is about boundaries. Absolutely. Any parting dating, dating tips you want to give us or anything? Red flags or green flags to look for?

Unknown Speaker 41:39

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green flags to look for are consistent communication. I think that that term, right, there could mean a lot of different things to a lot of different people. I've received feedback in the last couple of months, because I'm not a texter. Dave, you're a terrible communicator. Okay, I'm curious about that. What does communication between dates look like for you. And if it's something that I'm interested in, if it's a person that I want to build a partnership with, and I'm open to exploring what the possibilities are there, then I can step in, at least this gives me the chance to step in, or step out.

Mia Voss 42:22

I love that. And that puts responsibility on both people, not just to you to step up to the plate that there they have not even set for you or not even giving you the what their what their requirements are sitting now and set. So instead of you being defensive, you came back and said, alright, what does that look like to? Oh, that's really good. I like that a lot, too. How about any red flags? I think I have one, but I want to hear yours.

Unknown Speaker 42:50

I think that the biggest red flag that we can acknowledge in modern dating is the disappearing act. And then the reappear, the you could call that a phrase, submarine, I think is the terminology that the kids are using with technology. But if somebody disappears, with no warning with no communication about like, Hey, I just had a family member pass away, I need to take four or five days to be with my family and to take care of this grief that I'm experiencing. If somebody just disappears and then expects that they can come back into your life at any time. That's a huge red flag that's not honoring the container of the relationship and it's not honoring or respecting the other person as a human being.

Mia Voss 43:37

And that's not something that we should have to ask for. I would think that would be the other red flag that if I actually have to say that to you, then that's a big red flag that that's not a normalized behavior. Hmm. All right. All right. That's really good. All right, how do people work with you? Or you work or you've got your podcast? So everybody go, and I'm gonna have this in the show notes too. But simple, excellent branding, by the way, David glaser.com. I mean, come on, not tough to find you. But Can people work with you? Online online programs, obviously?

Unknown Speaker 44:07

Absolutely. I have a lot of ways that people can engage. one on one coaching is available, I have a couple of slots left. group coaching is available as well through the challenge group, where we approach our life in a holistic way with five pillars of optimal health, physical, mental, emotional, financial, and spiritual are the topics of conversation that we touch on in our weekly group coaching program.

Mia Voss 44:32

How many people are in that? Generally? I keep that group to 10 or fewer that I like it. Okay, good. I mean, if you had more not judging on that either, but I think a lot of people do like

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enough so they can get that interaction which I love too. And you know, the beauty and the flow of other members of the group bringing what's going on in their life to so so and then just follow your content update, follow Dave's content because it's very interactive and it's, it's up to date.

Unknown Speaker 45:00

Thank you very much. I appreciate that.

Mia Voss 45:02

All right, y'all. Thank you for tuning in. Thank you, Dave, we appreciate you. Thanks for tuning in and make sure to follow Dave at Dave glaser.com. That's D avglaser.com. And get in touch. If you are interested in these programs. I'll have all the links in the show notes at shit. We don't talk about podcast.com If you liked this episode, please subscribe and leave a review especially if you really liked the podcast in one show it head on over to you guessed it shit. We don't talk about podcast.com Click on the patrons button and become a full time supporter of the podcast. And if you want your very own podcast, but you don't know where to start, go to helix dash interactive.com and get yourself some and tell them that means sent you. Thanks for tuning in. I'll see you next time. Bye

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