

REAL YOU TIME

FIND WHO YOU ARE AND BECOME HER

ARE YOU SEARCHING FOR SOMETHING TO GIVE YOU SOMEONE TO BE?



REAL YOU TIME

Knowing who you really are, leads you to know what you are capable of, where you are going, and how you are going to get there.

HOW IT WORKS

At heart, this guide is about three core experiences:

1. Having no idea who you are or what you're like. Beyond your basics, name, face etc; you know little beyond what you pretend. If you ask yourself you receive no response, just empty silence.
2. You're not like your life or the woman living it and don't want either. You don't know who you are but you know who you're not. There's a massive difference between you and who you're being.
3. You know you're smart and capable but not how to enact it. You've never have been able to, it eludes you. You look broken and hopeless and the disparity stings.

It might be getting harder to maintain the "normal" facade or you can but are eaten alive and near hollow.

Do you resent the life you are in and pretending to be who you're not? Being silent, completely unknown and unseen, is a painful place. Hating how you look, speak, and seem. Living is a struggle you do with apathy. Your every angle is demoralising.

Feeling glued and unable to change who and what you've become is sad and terrifying. You're trying to sort your life out, but nothing works, and the confusion and doubt make you spin. You feel fake, void, and dead. But you can change it. Of course you can, I did.

You know you and the life you should be and could be in are out there somewhere but you don't know where. You need to reach them. If you ask yourself who you are and what you're doing – and can't answer – you've identified the problem.

My work is centred on the belief that who you are holds your life and that uncovering both leads you to knowing what you are capable of and what you want and how to get it.

The way out of now – this, here, you – is also the way in.

All you need to reverse those three core experiences above is within you – you just need to find it: you'll receive answers and direction. The prize; a life you want to own.

WHAT FOLLOWS

When you focus on what you think you are unable to do or what you can't become, your life is influenced in a negative manner. A person feeling ruined will stay small and quiet. The waste is enormous and compounds.

Stress, worry, and doubt about yourself run high; your self-consciousness and rebuke get nasty; and your longing to change makes you feel confused. Your potential remains chained inside.

What you lack and what you think you can't do may or may not be true. We all are coldly aware of even a slight deficiency in ourselves. But diverting focus from what you can't do to what you can do has the power to free energy and momentum to bypass any gap.

The consequences of deciding that you're not enough or that you can't "work" in the world are disastrous, heart-breaking, and monumental. The work I do is with women who, early in their lives, around adolescence, thought they'd have a better chance being well-liked and successful in this world if they showed themselves as someone else.

So, they stepped away from their real selves, and developed a manufactured version of themselves. Of course, this idea failed spectacularly with deep ramifications that touched across their lives and others.

When the women ask themselves who they are and can't answer, this links back to that ultimate decision. They want to release their deep potential that pulses through their body. They want to return to and connect with themselves, giving them someone to be, and have their own life back.

If life's been hard, you deeply understand disheartenment, defeat, and broken promises. Living can be sad, but you push through because of what you could be and should become.

You may feel time has ticked. That the outcomes of your mistakes dismiss the trying, hurt, and struggle that went into them, and you feel pitiful when looking at them and your age. But we have a choice: remain who we don't want to be or try to feel found by beginning your destined life.

REAL YOU TIME

**What you've been labelled doesn't matter.
What you've done or haven't done isn't important.
What someone thinks about you has no weight or impact on your life.**

Patterns and thoughts are holding you to a person you have no desire to be and a life that doesn't fit you. This can be reversed by critiquing and updating what you think about yourself.

There are three things you can do to start:

1. Be **clear** about who you are, what you're doing, and what you need. Know what you're against so you can plan, resist, and contend. If you think what you can't do is your biggest problem, it's likely false. You're just stuck in a negative frame.
2. **Coax** who you are back into embodiment and create her channels out. Your true self is capable, sharp, and strong, but is holding back. The reasons run deep, but you must know them to approach properly and combine.
3. **Update** what you think about yourself. Remind yourself that anything you want is possible, and you are looking right at it.

I believe that there are five steps to returning to yourself and ensuring you have the belief to uphold her. These five steps offer a framework for those who are lost and confused and feeling withheld, wrong, and silent. These steps, and their components and ideas, I call Pathways, are independent of one another, but interdependent to the degree that they form a process. Like our lives and thoughts, it all loops and intertwines together, influencing each other. Don't dismiss or skip a piece unless you're sure.

THE PATHWAYS

The Pathways below lean into the first two steps and aim to tease you out from who you're being. To link back in with who you are you first need to know who she is, we find her. She will come but it's never as simple as it seems or is first thought. I've taken what's applied and been useful to nearly every woman, and tried to flip it into a light, independent piece. I hope this helps.

Each client comes with her own story, pain, and desire and is searching for something she knows exists and is real. I believe it is essentially themselves, vaulted within. Closed and quiet but alive and waiting.

While my clients have experienced a range of views and life history, two similarities prevail: they're all sad and feel shut from themselves and their life. At the core, they want to reverse and resolve those three experiences outlined in the beginning.

PATHWAYS 1 & 2: YOUR HEAD WILL UNLOCK YOU

SUMMARY: SEPARATE WHO YOU ARE FROM WHO YOU'RE BEING AND GET A CLEAR ROUTE TO YOU.

You are essentially two selves and you're the purest example of two people that don't go together.

You can expect overlapping similarities, we all have things in common, but there'll be difference, a sharp distinction to find and uphold. It's about origin, find where your pieces originate and assign them a side. Where did this start? Where did it come from? Me or her?

Breakdown what you know about yourself, what you're like — traits, qualities, and preferences etc — and compile two lists; you and her. Everything has an origin.

List one: what's true, innately you, feels intrinsic, real, part of your make-up, internal, original self.

What you've ascribed, taken on, manufactured, list two. Identify what's hers, your false self; what's fake, put on, shameful. What you detest about yourself, don't trust, feel dubious about etc, is highly likely her.

If you're not sure, can't tell if something is real or fake, wait until your profile and lists build then go by that.

Every single piece you can think of about yourself, what you do, think, and say gets listed. You can track back but all we use are how you come and appear today. I don't rehash the past, ever.

Don't recoil from all that you are right now, some will be you, could be useful, and shouldn't be peeled off. Look for reactions to pain and panic and feelings beneath the trait. It's about connection, each time it strengthens. Find what feels warm and internal, elicits a deep response. Bond with that. Remember, who you aren't may not be the same as who you're being.

We are not, ever, wanting to integrate your two selves. It's not about blending or merging. There's only you not being real. For most, that gap, is a wide divide, zero control, filled with pain and despair. There's no point in connecting you two. You don't want to be who you're being.

We want clear difference now and in who we become. Keep the dichotomy and lists. We use them to direct and orientate between where you are and want to be.

You are now working with two selves.

PATHWAY 3: CALL HER BACK

SUMMARY: THE ABANDONMENT HURT, ATONE.

There'll be no re-connection with yourself without recognising and correcting the choice you made.

You have no self to be because you stepped out on who you were long ago and left her there, a girl with no way to *be*. She's under-developed and craving her — your — life to start as much as you are.

Forgiveness you must request, earn, and practise. Making amends takes speaking to her honestly. Admit your fault, recognise her position, start banking faith and loyalty. Be true in what you say and do to yourself but especially to her. Commit to what you say and follow through every single time.

The life you're missing from and need isn't yours alone. You are more than just your physical and mental parts. In your centre is your being and this is what you've lost connection to, it is why you have no one to *be*. That is her and together you'll decide what you become.

But to unite and establish you must atone and set right. But not from the hollow of regret or because of what you've missed and want but because you realise *why*. The grave mistake of thinking a life can work better without the person in it.

Often women think a return to themselves will be simple, but it never is, it can't be. Think about your decision and what it meant for and messaged to her. Consider, from her perspective, what you did and why. She's rightfully angry and distrusting, and, also know, she's perfectly aware that had your created self worked, there'd be no thinking of or going back to her.

A quick return can't be possible, she was left and has missed out. She's hurt and hesitant, concerned you'll step out on her again, and revert back to *being* someone else.

You created a person because you thought the one you were wasn't good enough. You thought she'd fail you, but the truth is, you failed her. You replaced her and you both suffered for it. You can't repair the broken parts of you or your life without repairing with her.

PATHWAY 4: CALL HER BACK

SUMMARY: MAKE WAY FOR YOU.

Relationships continue when both people get something out of them, if there's nothing we leave. It's the same with your fake self. Most women, read all, think they abhor who they pretend as, but that's suspect. True, they hate the way they look, speak, and appear, but think beyond the obvious.

Your relationship with your created self is just the same as any other. For decades the payoff was huge, and when you reveal what it was conflicting feelings will sting as you realise what letting go means and requires. Her value to you was immense, and in return, so is your loyalty and gratitude. Think about it; you've been together for years, kept each other for a reason. Pure appreciation.

But the relationship, like her, isn't real, only familiar. Her end is your doorway in.

You must face who you've been. The self you created to identify as normal didn't work and you blame her. Your behaviour under her guise makes her cringe. Superficially, it's an easy thought.

But, as always, go deeper. Do you have another friend, anyone else who's stayed by you, knows *you* at all? — Don't dismiss this, remember even you're trying to find yourself. Highly likely she knows you better than you do. That's an incredible support and history to give up, you weren't always deserving of it. And now it comes, for you to live she must stop, end, die. Easy to think you hate her before you know the trade.

Though false, she gave you someone to be and probably kept you alive. She endured your choices and remained. Your loyalty and respect for her run deep and you acknowledge her. This pathway undoes.

She is very likely your only real relationship, the only person close to you. But your choice is clear and necessary. Its meaning doesn't escape you, you're well aware, that's why you stall. There are two people involved, you can feel for both, but ultimately loyalty to you comes first. She must cease to exist.

PATHWAY 5: BREAK GROUND

SUMMARY: CHANGE IS TIED TO WHAT YOU BELIEVE ABOUT YOURSELF AND YOUR CAPACITY TO GROW, FAIL, OR STAY THE SAME.

There are two parts to this; what you think and believe about yourself and what you see and are looking at (below see, view, and look are not synonymous).

Thought matters but alone it can't enact change, too light and flimsy, belief can transform. But it requires repeated commitment that's hard to muster if your life is sad and tragic.

Everyone has self-belief, loads, but it's often negative. People think it's inherently positive, fostered with progress, but it's present from beginning to end and can be charged both ways, so be clear. It's not that you lack self-belief, you have it in spades, it's the negative charge that's problematic. Convert what you can over. Not all can become positive, some terrible beliefs will stay just that. Know they're the ones that encode. It's about limiting confirming them.

There'll be many instances in your life that prove why your belief deserves to be converted. You just have to leave rebuke at the door. Analyse what you've withstood and endured and see what you've been through is also what you've made it through. What we think about ourselves is often cruelly corrupt.

You can change your life if you're willing to and your belief system is a mighty mechanism because it reaches your core. Thought is tied to logic, belief is deep and fundamental. There may be a lag between what you think and do, that's fine. Just repeat over and over, application will catch it up.

Secondly, there's a correlation between what you see and do, and it feeds back, continuously reinforcing itself. If struggle is your immediate environment, that's what you're seeing, all you have to look at. You can only create from within your view. Struggle, across its various forms, becomes your only real, viable option.

Change starts in your mind and then your outside world follows. It rests on the fundamental belief that you have the right to be here, exist, and claim what's yours. You need to expect you'll have the life you could be and should be in and refuse to settle or accept a smaller one. I don't want to lose you at this. I know the weight of sadness and having little, but you simply are not done until you have your life. So, it's a hard start that feels a stretch or it's no change at all.

You need first to break through the surface before your conviction takes hold and can do its job. In everything the most significant growth takes place before you see the change.

PATHWAY 6: BEND YOUR ENERGY

SUMMARY: YOUR ENERGY AND MIND WILL EITHER CREATE OR DESTROY.

Good belief is brilliant, a growth medium that runs on little, just channel your mind constructively and gear yourself toward change and it'll assist. Don't fall because of what anyone else thinks about you or your ability, as long as you believe you can you have enough to enact change.

Your brain will respond to this and whatever else you feed it. It's capable of growing and extending itself (plasticity) all the time. It responds to what you do, think, and say to yourself i.e. self-talk. Theoretically, this can happen every day, but, of course, we can know this but feel miles from it.

We want to encourage and stimulate the building and strengthening of certain connections while not reinforcing others, same as belief. Grasping and taking hold of this is the second part to initiating change. You can get smarter, better, and more skilled simply with sustained effort correctly performed.

An enriched environment promotes growth and extension. That's why what you see, look at, and view, your head scripts, what you think and tell yourself all matters. So too, is cultivating the emotions you want to feel and embody. You can come at this from many angles. We simply have to do all we can to catch up and speed the process.

It's not to dupe yourself or deny what's real. I don't do affirmations, gratitude, positive thinking (you need to know how things stand, reality is often cruel and negative). It's covering for an invisible lag between your internal and external changes.

You can cultivate and steer your mind and fend off influences far easier than you can manipulate anything outside of you. You can enrich and exploit your mind as much as you like, an idle but rich, thriving ecosystem. So beginning inside you is far more effective and efficient than outside.

Most people are unaware of their own power and what they can generate. Instead, they use it in sloppy, unproductive ways that drain its source, and keep them sensitive, fragile, and weak. Ultimately, they reduce their imagination and restrict their mental growth and life experience rather than channel that energy toward getting what they want and need.

It's all cumulative. We go back to our initial choice, change or stay the same. You've got the brute strength behind self-belief to use.

PATHWAY 7: TAKE RESPONSIBILITY FOR YOURSELF

SUMMARY: EVERYTHING THAT'S GOING TO HAPPEN TO YOU FOR THE REST OF YOUR LIFE IS UP TO YOU.

We stall and deflect our life away for two major reasons; fear and risk avoidance. In its simplest sense, autonomy is about ruling and owning yourself i.e. running your own show on your own interests, provisions etc. Minimum standard for strong personalities.

So if it's preferable why aren't we living headstrong?

You have the capacity to sustain yourself and are clear on what you like and well aware of the future options out there and available; yet you're small, static, and dependent.

When there's something we should do but don't it's usually because a silent payoff outweighs the promise. You need to find them, usually plural, and cross each down in turn. Essentially if you reveal why you attach to what you shouldn't you get the key to release yourself.

Two long-held common examples:

- Staying in a relationship that's not a match for you, and not just because your false self is the interface between all interactions, this is deeper. A bad partnership is suffocating, an awful stress. He's not you, you don't really want him, you feel held back, yet you stay. Your dependency is high across the board. You're trading in shelter and care for what? Weight, so you're grounded. In reality, that's the best you are really expecting for yourself.
- Thinking a condition or difference is why you can't be who you should be. It's easy to explain struggle away with a diagnosis and hide behind statements like 'that's just the way I am' or 'I can't do that'. But to stay small, avoid failure and risk, you hand yourself, along with your autonomy and charge, over to a condition. If you live in line with a condition it decides your life ahead.

In both instances we have independent, clever, forthright individuals living reliant on something beneath and outside them. You're scared you won't reach what you are and you'd rather offset and live under something else. There's no difference in this way between a partner and a condition. As long as you're prevented, held, you don't care by either. You've reason to be where you are. But dependency cripples.

Start at the beginning. What you want and can do. Always go back to your capability. It only feels dormant and inaccessible. You know this innately, but doubt is heavy. Strip from what you think you're not and build yourself back, deliberately choosing every piece.

PATHWAY 8: ADHERING TO A CONDITION IS A SELF-FULFILLING DOWNWARD SPIRAL

SUMMARY: NEVER BLUR THE LINE BETWEEN YOU AND A DIFFERENCE.

And never adhere to it either. Thinking you're different and deficient will, ultimately, undo you. Keep yourself distinct, separate from it with a clear, strong boundary. You're never a condition and if you're vague and casual about it you risk over-assigning parts of yourself to it and using the label to explain yourself away.

A diagnosis is a double-edged sword. The price for understanding and direction is accepting you are diminished in some way. If it fits we identify and align with what's made living a painful battle. We seek information, ideas. But mostly, though, knowing doesn't manage expectations, it removes them altogether. The pressure and attention are off, and you pass yourself over to something else.

Create three lists; what you know is innately you, not touched by the condition (your strength, nature, personality, what you can do that differs from what's expected with the condition i.e. you have a social/emotional disorder but the idea of a best friend begs, etc) and what has been affected, what you lack, traits, inabilities, clear long-standing difficulties etc.

On the third goes any part of you you're unsure about, never tried, or presumed wasn't in you because it contradicts the condition (for example, friendship, you want one but company's hard work. True, could be social anxiety, but also because you're not practised or confident. Two very different causes.).

I understand a condition blocks more for you and that your heartache and wishing run deep, truly I do. But it's our deal to accept. The hardcore parts of a condition you can't do much about, leave them alone, chasing what you can't have is a direct line to disheartenment and defeat.

Move onto what you can change. Many women over-ascribe parts of themselves or shut the door on what they could do and be because they write themselves off unduly, they don't explore what contradicts the condition.

The list that's innately you is your platform to build on and is direction. We test the third list for usable strengths and feelings. Don't ever write-off underdevelopment. Later decide what you must contend and what to rein in on the not you lists to bypass gaps.

You can't ever know yourself, your mind, your 'condition', or your potential completely. In many ways there are no limits for you in that you're unable to accurately set them. Be careful not to miss abilities that seem contradicting. Latent parts of you may have never been called up. Disown the label, or at least get some distance, so you can access them.

PATHWAY 9: YOU ARE NOT YOUR MIND AND BODY

SUMMARY: BOTH ARE YOUR POSSESSIONS AND IN YOUR CONTROL.

To start controlling them become aware of what they do. Mentally say to yourself, "I am aware that my mind or body is doing ...". This is to manage reactions when you first try difficult experiences or test to see where your idle parts are at so you can push on and practise.

Acknowledge that physical responses are just that, don't take them deeper or make them personal. Same with your mind, if you can think thoughts you do not want to think, this further shows that you are different from it.

We'll keep with conversation for an example. If you're forty you know how much more practised most people are, they're more adept, and expect good quality talk. Endless assessment and judgement.

But we need to remember two main things:

1. Much of us is untested, languishing, dismissed. You can't know that you aren't interesting to other people and won't be. When you first test you've got your body responding to your mind, as it remembers past attempts that were uncomfortable and, wanting to protect you, tries to avoid a repeat. So a big chunk of what you feel is adrenaline, not lack. And every time this happens and you don't intercept the reaction, it triggers the next time, and the time after that stamping the belief.
2. The life we want doesn't exist in isolation, what we want requires other people. Standing behind them is work, relationship, connection, money etc. Getting what we want requires them to invest in us, and invest in us over other people. Do all you can to stand up and out in a good way, be attractive, liaise better, be smart, light, and casual.

Don't let adrenaline run you; without stress let it pulse and focus on your mind, it's impossible to stop its flow. You're not what your body is telling you, a person incapable of relating and being interesting. You know what you are doing and trying to achieve. Repeat it over and over to yourself. You're practising, have a right to speak, and are improving how you do that.

Play into your body's symptoms of anxiety and expect more of them. Your mind will listen to what you want. Distract yourself with your speech, keep it controlled (but light and interesting). Adrenaline is not fault, inability, or inadequacy, and if there's no need for it it'll go away.

Take a mechanical, objective view of yourself so you can correct and control. Instead of seeing inability, lack, and inferiority remember your ultimate aim and then it's an easy decision to practise.

PATHWAY 10: REJECT YOUR DIFFERENCE AND START CORRECTING

SUMMARY: TURN FROM WHAT DOESN'T HELP YOU AND FACE WHAT DOES.

There's a long list of reasons why you should turn from what you can't do and reject any inability and go with what you can. It's about breaking the feedback loop, integrating, and starting to embody what you will be. It always begins inside. If normal is what you want then emulate it. What hurts and you don't like about yourself keep private and hidden. Have a stronger say in how you stand out.

- Change what you can right now. This is about peeling off your false parts i.e. what you say and do, telling the truth, at least to yourself, and unzipping you to reveal your parts and decide which ones you'll use to put yourself back together. Your strengths and what you want will give you a start. In areas you need proficiency, i.e. participating socially, gauge your ability, and start small, don't bore.
- Don't let what you can't do keep you small, lackluster, and out. There's always a bypass, a way round. Put negative thought down like a heavy bag. Go with what you can do, promote and extend that.
- Decide what you're going to be about and will obtain and how, don't accept or float. Be deliberate, active, and strategic. Life's a game, and like them all, the spectator never wins, features, or shines.
- Know that if something is real and existing in the world (obvious example is money) and is physically possible for you, but you can't get it then the barrier is with you. It's that you don't think you will have it. That should make sense; if it's freely out there, abundant, with other people, but it eludes you, then the reason must be with you. And, yes, it's belief.
- Be fair, respectful, and honest, and only for yourself. You were never saved because a person can't be. Life is done alone, the shared model, concern for all, cooperation, giving and sacrifice, doesn't work, it's an illusion. Lost souls are 'found' by causes, their currency, and goodwill turns to hate.
- An easy channel out for who you are is to dress close to her. You may not know your style or how you want to profile yet but it won't be frumpy, beige, and shapeless. Don't put you off until you're closer, that's just denying her and stalling you both. If you won't channel her find the reason.
- You also want to be attracting the right people, be up the social ladder not down. Occupy the right space for you. Mess, blame, self-pity, are all magnets, no one will want you to climb out.
- Enact and copy what you want to embody. Put on and be as much as you can to mirror who you are, start before you feel it, remove all the traces you can of what you don't want to be and aren't.
- Life on your terms, that's the only deal. Don't fit yourself into someone else's box to make you happen. Not only will it not work but the message will undo you. Cut through your own noise, know you're looking at your possibility, and get the freedom and fulfilment you crave.

Finally, anyone who thinks they have authority over me, who knows my situation better than I do and simplifies it, and who feels like they can give me rules to follow, simply irritates me. I don't want this to read the same or prescriptive, you'll work it out on your own.

What you think about yourself and your capacity deserves to be held high and cherished – currently, it's just stalled. Your self-doubt ought to be low.

My intention is to reach women who have ambivalent feelings toward themselves, intense love/hate pulls. Desperate and driven to be themselves, massive anticipation for life to start, but abhor their entire right now. They hate who they're being, not what they'll become, depression doesn't fit. The feeling's strange and exasperation and confusion about it knock hard.

But feelings have a potential inverse. Value can be created and generated by anything you feel and experience. I know what brutal feels like, but, I maintain that you can always get or take something out of it, valuable, and that regardless of how entrenched the sadness is, there's an opposite end to reach.

You want the picture you hold of yourself to be clear and focused giving both a target destination and direction. You are better than how you are currently living. You are capable of more than you have and what you are experiencing. Link it all up together, your real self, life, and world.

Coming back to who you are meant to be is possible with decision, intention, and feeling. Use all three to manufacture energy and develop a conviction. You know what you want, you know what's real for you, who you could be and should be, so set your sight only on those factors. Convert your energy and feelings in a capacity to do it. If you managed through a difficult, disconnected life, you can live a connected one. You just need to learn how. Once you do, hold on to who you are, and don't step out again. When you boil down the overflowing pot, that's all it is. Define and decide who you are and who you will be, then follow her lead. After you become who you are meant to be, show up as her every day, and you'll have all you need.

I wish you so much success ahead and take care,

Melinda