



Audio Blog: Do you have Frenemies? And what's love got to do with it?

Podcast Episode #14. Audio Blog: Do you have Frenemies? And what's love got to do with it?

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Synopsis: Welcome to another Audio Blog episode of the Single to Soulmate podcast. This article was very popular on our blog so I wanted to update it and share with you here. Here's we go--- DO YOU HAVE FRENEMIES? AND WHAT'S LOVE GOT TO DO WITH IT?

When you're on your journey toward the love of your life and the life of your dreams who you have around you really **does** matter. Who is around you, especially in your "inner circle", **really** matters. One of the reasons why the women who work with us state again and again how important the loving, uplifting, and a supportive

community of other women is on their journey is because that “inner circle” has an influence on you. Like it or not.

Yes, you are in charge of you, and no one can make you feel anything without your consent, but if you’ve ever had a “friend” who has done any of the things I’m about to share, you know how quickly your confidence can be shaken, your heart hurt, your outlook dimmed, and your hope dashed.

See if these descriptions of “friends” describe anything you have experienced: (oh, and “friend” can include family members, co-workers, even neighbours)

- Your “best friend” takes an instant dislike to the guy you are interested in, never giving you the chance to evaluate him yourself.
- Your sister or brother who reminds you of your divorce, or messes you’ve made in previous relationships. So rather than your “life **highlight** reels” they seem to relish in reminding you of the “**LOWlights**”.
- Your girlfriend who reminds you of the dudes you’ve fallen for, even as you proclaim that now you’re different.
- Your father who criticises any guy you bring around and wonders out loud - ***where you find these jerks???***
- Your girlfriend who reminds you of the times you said that “online dating doesn’t work for you” as you try to set up a new profile.
- Your mother who “encourages” you by saying men would find you more attractive if you’d just lose those 10 pounds and wear more dresses.



- Your friend who says “it won’t work, you’re just messed up!” when you decide you’ll go to learn about your inner blocks to love, and what the heck is going on with all these going nowhere men?

Even if you haven’t experienced any of these out and out traitors to your true love journey, pay close attention here, because the time may come when you discover your inner circle has a too close for comfort **traitor**, and it may be time for what I’ve heard called a “friend-ectamy”.

Here are three steps to see whether your inner circle is helping you or holding you back. Friend or enemy? For now, they could be called a “frenemy”.

Step One: Uncover the Frenemy.

If they have done or are actively doing any of the things outlined above. They may be a candidate for a friend-ectamy.

If you find yourself having the same conversations about men, love, relationships, and your future relationship possibilities (not good ones) month after month, year after year. Your friendship may be in a rut, and it, meaning **THEY** -may be holding you back.

If they always seem to have a crisis, rely you for “moral support”, financial support, or other type of so called “support”, but it never goes the other way around...the drama of **their** life is affecting **your** life. Guaranteed.



If you find them reminding you of your limitations, or how HARD it all is, or being negative or critical when you talk about wanting to learn, grow, or change. They are **definitely** holding you back.

Step Two: Get Real With Yourself.

I hear financial advisors say that you're going to have the financial net worth of the average of your five closest friends. The same could apply in love. If your closest friends are single, or in a relationship, but **you** don't want **their** relationship, these may not be the best person/people to spend a lotta time with or give a lot of credence to what they say to you when it comes to love. I know, I know...easier said than done.

Here's what you can do to start: First, journal about each of your closest friends/family members. Do you feel **great** around them? Uplifted? Encouraged? Like a good person? or like a stumbling idiot or a loser or just simply drained? Being the saviour for that friend who is always in crisis can be draining. Be real about how you feel, not how you think you **should** feel.

Step Three: Commit to be True to Yourself.

If you have identified a "frenemy" – someone (or **a few** some ones) who might mean well but may be holding you back, all is not lost. They may simply be clueless about what it takes to have a wonderful, loving, relationship. And keep in mind, her criticism and negativity toward you is more about her not believing she can find



true love. Or she may be in a relationship that she's not thrilled with and figures you can't do any better, so why try? You should settle for mediocrity just like she has. We encourage you be true to yourself, and what you want for your life. It may be time to get at least **one** new friend who is uplifting, positive, and on the journey of wanting to attract your dream love life and dream life.

Being true to yourself may mean you find new friends who are more in alignment with the new you. Does that mean you have to be mean to anyone? No. That you're 'better than' anyone? No. But if you're feeling like they may be holding you back, you're probably just annoying them with all this talk of change, growth, new outlook, and all that jazz. You'll want to consider what I'm saying here. You can start by being real about what lights you up in your life and simply observe how your friends react. Allow yourself to be openly hopeful, put some action behind it and your **real** friends will join you or at the very least, will be positive and hopeful and supportive of you. The frenemies won't.

Oh, and if you already have a good friend around you, and you want to change your love life going forward, you might want to both join us in our Love Breakthrough Group Mentoring Telecourse in the that starts in late February where we'll help you have a **NEW** conversation around love, your possibilities, and what your history really means for you. In five extraordinary weeks you'll shift those old beliefs about love, men, and relationships so you are more in alignment with true love, and you can bring home your sweetheart to the next company picnic, or next family



gathering, and show your mom that your sweetheart loves you just as you are, “10 extra pounds” and all!

One of the top five regrets of people who are dying from a terminal illness is regret over failing to be true to oneself. Specifically, they say something like this– “I wish I’d had the courage to live a life true to myself, not the life others expected of me”. Life is too short. Be kind. Be real. And be true to you.

And if you have negative, discouraging, cynical, or clueless people around you, you need to inoculate yourself from them, because you might *become* them, or worse, you may already be like that, and others around you may be figuring out how to get some distance from you. Something to look at.

Here’s a quote that has helped me create the life of my dreams, including being with the love of my life. Maybe it’ll help you, too:

“Life isn’t about finding yourself. Life is about creating yourself.”

– George Bernard Shaw

There you have it. If you want to learn more about our Love Breakthrough courses you can go to singletosoulmate.com/breakthrough

For show notes, and to leave comments, which we always appreciate, you can go to singletosoulmate.com/14



OH, AND PLEASE DO GIVE US YOUR HONEST REVIEW ON ITUNES, WE LOVE STARS AND COMMENTS :-) YOU CAN GET THERE EASILY BY GOING TO SINGLETOSOULMATE.COM/REVIEW

Until next time. Have a beautiful day or night. You create your life. Enjoy it!

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