



Change 7 Things Torturing Millennial Women Before it Destroys You!

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Never Changing the 7 Things Torturing Millennial Women Will Destroy You!

Never Changing The 7 Things Torturing Millennial Women Will Eventually Destroy You!

Over the course of the past couple of years, I have seen a real increase in the number of Gen Y and Gen X-ers who have come to me for help in dealing with stress, anxiety, relationship and intimacy issues. The majority of these have tended to be accomplished, professional women. As I listened to them, I have seen a common thread that has led me to focus on a hypnosis protocol to empower them and improve their lives.

Before I share some of that with you, let me talk a bit about the phenomena and what I, and others, attribute the issue to. Recent studies by the American Psychological Association (APA), as well as other experts in the field of relationships, have pointed to a number of attitudes and behaviors shared by most of these women and men when it comes to sex and relationships that are causing confusion, anxiety and frustration.

Caroline Beaton writes on psychologytoday.com^[1] that the infinite opportunities which Gen Y (and Gen X) have, particularly women, are actually sabotaging their well-being. Studies conducted by the APA report that more than one half of all millennials “have lain awake nights in the past month due to stress.” This seems to be particularly true when it comes to relationships and intimacy. My clients have shared their dissatisfaction with and inability to enjoy intimacy.

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Understanding the underlying issues requires that we understand the mindset of the generation. One of the first places to look is the work environments. This generation is truly the first where men and women are competing on an equal foothold. The stressors that men have experienced and struggled with for generations is first being experienced, on a larger scale by women. My clients often express their need for and drive toward “perfection” in their jobs and lives. This is a stressor that crosses into most aspects of their lives. It is the mindset that has resulted in the phenomena known as FOBO – Fear Of Better Options and the inability to make a choice.

The workplace has dramatically changed. A look at those companies that do most to attract millennials shows they tend to share common perks – flex hours, fitness centers, massage, open work environments, cafeterias with unlimited choices, ability to bring one’s pet to work, game rooms, social events, and the list goes on. However, when we take a closer look, what we actually see is there is no escaping the work environment. The millennials tend to be hyper-focused on their jobs. Mobile devices, conferencing apps, and yes, social media networks, do not allow for a “shutting off” from these pressures. As a result, it is the interpersonal relationships that ultimately suffer.

“It is not so much that - I deserve it but rather - I can have it!”

The best part of this process is the short amount of time it takes for clients to experience positive changes. Clients report amazing and lasting change after just one 90-minute session. By now you see that you owe it to yourself to be the best and happiest you can. You no longer have to live with FOBO! Start enjoying your life and relationships. Schedule your appointment NOW at my convenient office in Summit, NJ. by phone, txt or email. Visit hypnomarc.com

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The millennials have more choices than any prior generation. They enjoy (or at least are faced with) an abundance of choices in careers, sexual partners and gender orientation.[2] Preoccupation with professional advancement leaves little time for meaningful relations. Hanna Rosin, in her “[The End of Men](#),” argues that hooking up is a functional strategy for today’s hard-charging and ambitious young women, allowing them to have enjoyable sex lives while focusing most of their energy on academic and professional goals.[3] I argue, however, based on my experience in helping these women resolve their anxieties and stresses through hypnosis, that the relationships are not satisfying, but merely an attempt at reducing stress. The abundance of hook-up sites such as Tinder, Zoosk, OKCupid, Grindr and thousands more, have removed the true social interaction that is an integral part of building meaningful interpersonal relationships.

This abundance of choices results stress, which translates into anxiety. Combine the vast array of choices with their overwhelming need to achieve perfection results in what I call the 3-P’s – Perfection results in Procrastination, which ultimately results in Paralysis. What happens if I make the “wrong” decision? They become frozen thinking about what could have been and worried about a future that has yet to arrive. They are often find themselves stuck in the past and depressed about or have serious regrets about choices they have made. All too frequently, this subconscious pattern is continually repeated in returning to destructive or toxic relationships because they are known interactions and familiar, subconscious patterns.

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Dr. Murav Gur on the Huffington Post explains this succinctly – *“Millennial women have learned how to negotiate and assert themselves in the professional world, but often show evidence of anxiety and depression and have low self-worth, much self-doubt, difficulty making decisions, and fear of being alone or rejected.”* She goes on to state that *“true intimacy feels terrifying and foreign.”* It is these feelings which are controlled by negative subconscious messages that brings them seeking my services.

Relieving Stress and Anxiety Through Hypnosis

Feelings not worthy or deserving of good partnerships, or the inability to be present in the moment are all part of the toxic self-talk loop. Those who work in the area of hypnosis will tell you “that which we focus on becomes our reality.” If you are hyper-focused on past failures, then you are more than 95% likely to fail again. You have only practiced failure. You do not know what success looks like.

I begin by having my clients commit to a daily practice of mindfulness meditation. This serves multiple purposes. First, it is a pattern interrupt in their normal routines. They must disconnect from the insanity of their professional lives and stop thinking about what they could have done, should have done, want to do, going to do, and need to do, and start focusing on the here and now. For many this is the first time they are focusing on the NOW!

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Being present in a relationship allows you to become mindful of the subtleties of intimacy. You are able to focus on the almost imperceptible, gentle caress from your partner. It is in the moment that you perceive the small signals, smells, tastes and body movements that increase excitement and arousal. It is in this moment that you can be mindful and responsive to your partner's needs and wants. Imagine the difference this makes as opposed to the mechanical, conditioned response that is an unconnected relationship. You are no longer just focused on your needs, but are sharing a meaningful experience with another.

The work continues as I move my clients from mindfulness practice to helping them re-write the subconscious, emotional scripts, that interfere with finding and sustaining healthy relationships, through hypnosis. It is this powerful tool that allows my clients to release past hurts, self-doubts, fears and build positive emotional ties to behaviors. Without this restructuring of the subconscious, they will revert to the unsatisfying behaviors that brought them to me in the first place.

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7 Common Beliefs, Behaviors or Mechanisms That Keep You in Unhealthy Relationships

1. Denial (to one self and to others) is a powerful mechanism.

Women often deny how dysfunctional their relationships may be or that they have unmet needs. Their first task is to become fully aware of the kind of partnership they desire and what behaviors they can and cannot accept in a relationship. Jenny believes that emotional abuse is not acceptable, and she learned to recognize Mike's frequent harsh judgments as abusive.

2. Fear of conflict.

When people who are conflict-avoidant sense a possible confrontation, they become anxious and do whatever they can to avoid the situation and reduce their own discomfort. They may "walk on eggshells" to avoid discussing their needs or "protect" themselves or their partner from experiencing difficult feelings. It's all too easy to stay in this comfort zone, maintaining the illusion that a relationship is functional when it's not. To understand why their relationship was stagnant, Leah needed to learn to discuss her feelings and desires with George and ask about his future intentions.

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3. Fear of being “too needy.”

Some women want to please and care-take, pushing their own needs aside (often telling themselves, “I want to be there for him”). They fear becoming burdensome, difficult, or demanding. They believe that being a “good girlfriend” means not asking much of their partners and, as such, they often ignore their own needs.

4. Trying to change a partner.

Many women believe that they will be the “special” woman who will “cure” their partners of their neuroses or of their inability to commit by being patient, accommodating, loving, and emotionally available. They are addicted to the challenge, and, often, to the drama that goes along with such a challenge. Jenny believed she could get Mike to change his behavior toward her. She felt good when he was loving, and fragile when he was judgmental. Because she did not see Mike’s own difficulties with emotional intimacy or how threatened he was by her success, she did not realize he would continue to put her down, no matter how she acted. Instead, her self-worth became diminished. Jenny succeeded in all “projects” throughout her life, and it was hard for her to give up the Mike “project.”

5. Fear of abandonment.

Many women are afraid of being alone, and they believe that there is “nothing better out there” than their own flawed relationship. Often, they have been in unhealthy relationships for years, and they replicate these relationship dynamics over and over again. It is necessary for them to recognize that their own choice of partners and behavior within the relationship plays a role in the dysfunction.

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6. Attracting the wrong men.

Partners who are judgmental, critical, or not emotionally available (at best) and are abusive, dishonest, and manipulative (at worst) are attracted to women who have difficulties asserting themselves and who suffer from low self-worth and fear of abandonment. These men often seek out such women because they accept and tolerate those behaviors. The girlfriend who always “wants to please” will not challenge, assert herself, or make demands.

7. Being “addicted” to drama.

For some women, a huge adrenaline rush accompanies relationships that have extreme high and lows. These women experience healthier relationships as “boring” and will often sabotage them. In the short-term, and during ones’ twenties, these volatile relationships may satisfy an emotional need (such as for excitement and passion), but they are not sustainable in the longer term. A person cannot successfully run a household and raise a family while experiencing constant emotional drama. [4]

[1] Psychologytoday.com/blog/the-gen-y-guide/201509

[2] Theodysseyonline.com/how-being-millennials-affects-our-relationships

[3] Kate Taylor - <http://www.nytimes.com/2013/07/14/fashion/sex-on-c...>

[4] The Huffington Post

Merav Gur - <http://www.huffingtonpost.com/merav-gur/millennial...>