

## **Track 2: Rewire Your Type**

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*Subconscious Reprogramming to Shift Attraction Away from Chaos & Emotionally Available Men and Into Secure Love*

**Start wanting the men who actually show up.**

This track helps you shift your subconscious desire toward emotionally available, steady, secure men — and stop feeling bored by them. You'll crave calm, clarity, and effort instead of emotional highs and confusion.

💬 *"This feels easy. And that's why I trust it."*

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## **1. Opening Grounding & Permission**

Take a slow breath in... and release.

Let your body know: you're safe now.

Let your heart soften.

Let your subconscious open.

You don't crave chaos — you were conditioned for it.

You don't love drama — your body just thought that's what love felt like.

But that programming is not permanent.

And today, it starts to shift.

You are not broken — you are becoming.

You are not stuck — you are recalibrating.

You are not addicted to pain — you're ready for peace.

You are safe to heal your attraction.

You are safe to crave what actually loves you back.

You are safe to want a new kind of love.

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## **2. Section 1: The Familiarity of Pain**

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You used to think love meant proving.

You used to chase men who were unsure of you.

You used to feel alive in emotional chaos.

You were taught to see distance as desire.

You were taught to find mystery in mood swings.

You were taught to feel chemistry with confusion.

You thought the butterflies meant it was right.

But really, they were your nervous system bracing for disappointment.

You are no longer addicted to “almosts.”

You are no longer chasing validation.

You are no longer attached to tension-based attraction.

You do not need to feel anxious to feel connected.

You do not need to prove your worth to feel wanted.

You do not need to earn effort to feel love.

You release the belief that desire must come with emotional danger.

You release the belief that love must be dramatic to be real.

You release the belief that pain is part of passion.

You are free from the myth that intensity equals intimacy.

You are free from the old story that love requires suffering.

You are free from the pull toward what never gave you peace.

You no longer confuse trauma with truth.

You no longer feel loyal to your old coping patterns.

You no longer crave what abandons you.

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**3. Section 2: Emotional Detachment from Painful Attraction** You no longer want what won't choose you.

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You no longer desire what makes you wait, wonder, or chase.

You no longer settle for “almost.”

You are emotionally detaching from what drains you.

You are unplugging from the idea that love should be earned.

You are breaking the bond between love and pain.

You no longer feel pulled toward unavailable men.

You no longer fantasize about fixing someone broken.

You no longer confuse your capacity to love with your responsibility to tolerate.

You are not here to heal him.

You are not here to teach him.

You are not here to wait for him to grow.

You are free from the fantasy.

You are free from the pattern.

You are free from the past.

You now feel bored by men who play games.

You now feel disinterested in emotional unavailability.

You now feel turned off by mixed signals and inconsistency.

You feel your power rising when you walk away.

You feel your peace return when you don't respond.

You feel your worth expand when you choose space instead of stress.

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### **4. Section 3: Rewiring Desire for Secure Love**

You are drawn to devotion.

You are turned on by consistency.

You are magnetized to peace.

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You find chemistry in clarity.

You find beauty in being seen.

You find safety in being chosen.

You are the kind of woman who is no longer tempted by confusion.

You are the kind of woman who feels most feminine in emotional safety.

You are the kind of woman who is pursued with confidence and care.

You desire men who communicate clearly.

You desire men who are emotionally available.

You desire men who prioritize peace and protection.

You are turned on by honesty.

You are lit up by follow-through.

You are deeply attracted to stability.

You are no longer bonded to chaos.

You are no longer waiting for change.

You are no longer hoping he'll be ready one day.

You are available now.

You are open now.

You are secure now.

You love how calm love feels.

You love how seen you feel in safety.

You love how powerful it feels to no longer chase.

It is safe to rest in his effort.

It is safe to soften in his certainty.

It is safe to receive love that feels simple.

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## **5. Closing Integration**

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You are no longer drawn to pain.

You are no longer seduced by survival patterns.

You are no longer choosing from your wounds.

You are now attracted to alignment.

You are now inspired by emotional maturity.

You are now pulled toward what feels peaceful and steady.

Your picker is healing.

Your nervous system is relaxing.

Your subconscious is upgrading.

You are the kind of woman who walks away from chaos — without guilt.

You are the kind of woman who only says yes to what is real, mutual, and safe.

You are the kind of woman who turns heads and keeps hearts — without trying.

You are free.

You are clear.

You are whole.

You are no longer drawn to what hurts you.

You are turned on by what heals you.