

Track 4: Raise Your Standards Without Looking Back

Track 4. Raise Your Standards Without Looking Back

Subconscious Reprogramming for High Standards, Self-Respect, and Choosing Only What Chooses You

Say no without guilt. Walk away without doubt. You No Longer Settle, Shrink, or Save Men.

This track helps you stop tolerating low-effort men and finally honor what you need. You'll feel calm enforcing your standards and clear walking away from "almost" love.

💬 ***"I don't chase closure. I choose peace."***

1. Opening Grounding & Permission

Take a deep breath and let it out slowly.

Let your shoulders drop.

Let your heart breathe.

Let your standards rise.

You are safe to stop settling.

You are safe to stop saving.

You are safe to stop shrinking just to be loved.

You don't have to abandon yourself to be chosen.

You don't have to tolerate what you don't want.

You don't have to prove that you're worthy by over-functioning in love.

You are safe to want more.

You are safe to expect more.

You are safe to receive more.

2. Section 1: The Old Pattern — Settling, Shrinking, Saving

Track 4: Raise Your Standards Without Looking Back

You used to make excuses for men who showed you exactly who they were.

You used to wait, hope, and believe in “potential.”

You used to give more than you received — over and over again.

You thought being patient made you loyal.

You thought being understanding made you lovable.

You thought staying made you worthy.

You stayed longer than you wanted.

You gave more than you had.

You carried relationships that weren't built to last.

You quieted your needs.

You held your breath.

You dimmed your light.

You believed love required you to rescue.

You believed your job was to help him grow.

You believed that the more you gave, the more you'd receive.

You no longer confuse effort with alignment.

You no longer settle for almost.

You no longer accept what doesn't serve you.

You no longer fear raising your standards.

You no longer believe that being chosen means being small.

You no longer shrink to feel safe.

3. Section 2: Emotional Detachment from Tolerating Less

You no longer feel guilt for saying no.

You no longer feel loyalty to dysfunction.

You no longer feel tempted to help, fix, or save.

Track 4: Raise Your Standards Without Looking Back

You release the belief that your love will change him.

You release the need to overextend in order to feel worthy.

You release the pressure to stay where your needs go unmet.

You are no longer available for unavailable men.

You are no longer attracted to wounded potential.

You are no longer entertained by inconsistency.

You feel peace when you let go.

You feel strength when you walk away.

You feel power when you protect your energy.

You are not responsible for his healing.

You are not responsible for his actions.

You are not responsible for teaching a man how to love you.

You detach from codependency.

You detach from low-effort connections.

You detach from emotional caretaking.

You are no longer loyal to the version of you who accepted less.

You are no longer available for situationships, struggle love, or emotional babysitting.

You are no longer here to mother a man into maturity.

4. Section 3: Reclaiming Standards, Self-Worth, and Secure Desires

You are the kind of woman who knows what she wants.

You are the kind of woman who raises the room just by entering it.

You are the kind of woman who sets the tone — and never lowers it.

You are allowed to say no without explanation.

You are allowed to have high standards without apology.

You are allowed to walk away without guilt.

Track 4: Raise Your Standards Without Looking Back

You inspire commitment by being clear.

You inspire effort by having boundaries.

You inspire devotion by being deeply rooted in your worth.

You attract men who are ready — not projects.

You attract men who give — not just take.

You attract men who lead — not men you have to lead.

You are the woman who inspires devotion, not confusion.

You are the woman who is adored without performance.

You are the woman who chooses — not the woman who waits to be chosen.

You no longer waste time trying to be “understood.”

You no longer beg for effort, attention, or emotional presence.

You no longer feel bad for being crystal clear about what you want.

Your clarity creates connection.

Your boundaries create beauty.

Your standards protect your peace.

It is safe to require more.

It is safe to be desired without struggle.

It is safe to say: *this is not enough* — and walk away.

You no longer settle for what drains you.

You no longer shrink to make others comfortable.

You no longer save men from themselves.

You do not tolerate bare minimum.

You do not ignore red flags.

You do not apologize for your standards.

You are no longer loyal to old versions of yourself.

You are no longer afraid to walk away.

You are no longer performing to be loved.

Track 4: Raise Your Standards Without Looking Back

You are not responsible for his healing.

You are not here to fix broken men.

You are not here to prove your worth through effort.

You are the kind of woman who inspires effort.

You are the kind of woman who is pursued with clarity.

You are the kind of woman who says “no” with power and grace.

You attract partners who meet you fully.

You attract relationships built on mutual respect.

You attract love that matches your energy and vision.

You no longer feel guilty for letting go.

You no longer tolerate inconsistency.

You no longer wait for someone to change.

You honor your voice.

You honor your time.

You honor your emotional energy.

You no longer chase men — you choose them.

You no longer beg to be understood — you express and release.

You no longer stay for potential — you commit to alignment.

You are safe to have high standards.

You are safe to be direct and desired.

You are safe to leave what no longer fits.

You feel peace when you say “no.”

You feel powerful when you enforce your boundaries.

You feel most feminine when you are loved in your fullness.

You do not have to mother him.

You do not have to teach him.

You do not have to wait for him to grow up.

Track 4: Raise Your Standards Without Looking Back

You are no longer the woman who settles.

You are no longer the woman who shrinks.

You are no longer the woman who saves.

You are the woman who chooses with clarity.

You are the woman who is pursued with devotion.

You are the woman who receives love without sacrifice.

You are no longer the woman who tolerates confusion.

You are no longer the woman who stays small to be loved.

You are no longer the woman who over-functions just to feel chosen.

You are the woman who raises her standards and watches men rise.

You are the woman who walks in certainty.

You are the woman who receives love that meets her — fully and consistently.

You are magnetically attracted to emotional maturity.

You are drawn to stability, leadership, and devotion.

You are no longer seduced by struggle, delay, or potential.

You are safe to be big.

You are safe to be bold.

You are safe to be fully seen and still fully loved.

You are not settling.

You are not shrinking.

You are no longer saving.

You are choosing.

You are rising.

You are ready.