

I Give You What You Give Me (Part 2)



In Part 1, we talked about the idea that energy tends to mirror itself—that what you put out often finds its way back to you. But that only works if you're clear on what you're actually giving in the first place. And if we're being honest, most people aren't.

One of the biggest blind spots in relationships is this: people judge themselves by intention, but judge others by action. You *meant* to be supportive. You *meant* to show up. You *meant* to

communicate better. But on the receiving end, all someone can go off of is what you actually did. And when intention and action don't line up, confusion steps in—and confusion has a way of shaping the entire dynamic.

So what does your energy really look like?

It's not a vague concept—it shows up in patterns. In how you communicate. In how consistent you are. In the effort you make without being prompted. Are your messages clear, or do people have to read between the lines? Are you steady, or do you show up in waves? Do you initiate, or are you mostly responding when it's convenient? These are the things people feel, even if they never say them out loud.

And then there are the mixed signals—the quiet contradictions that throw everything off. Saying you want something real, but moving like it's casual. Wanting effort, but hesitating to give it. Wanting clarity, but avoiding direct conversations. That kind of energy doesn't just stay on your side—it creates uncertainty on the other end. And uncertainty, more often than not, gets mirrored right back.

This isn't about blame. It's about awareness. Because the moment you can clearly see the energy you're putting out, you also gain the ability to shift it. That's the part people overlook—you have more control over the tone of your connections than you think. Not full control, but influence. And influence matters.

Sometimes the adjustment isn't dramatic—it's intentional. Saying what you mean a little earlier. Being consistent in small ways instead of intense in short bursts. Matching your actions with what you say you want, not what you're afraid of losing. It's less about doing more, and more about doing things with clarity.

Of course, that requires something most people try to avoid: risk. Because leading with clear energy means you might not get the same in return. It means showing your hand without a guarantee. And for a lot of people, it feels safer to stay in response mode—to wait, to mirror, to protect. But the truth is, nothing real ever fully develops from hesitation alone.

So now the question shifts. Not “what are they giving?”—but “what am I consistently showing?”

Because once you understand your own patterns, you start to recognize something else too: not every situation is about mismatched effort. Sometimes, it's about unclear boundaries.

And that's where we're going next.

In Part 3, we'll get into the difference between giving energy and overextending it—because knowing how much to give is just as important as knowing what you give.