

Ashley Boyd

Identity Alignment Strategist · Co-Creator, Be Who You Really See™

Category: Love / Romantic Relationships

Interview Topics

12 Signature Topics · Questions Included

Ashley is available for **podcast interviews, media features, panel discussions, and fireside conversations**. All topics include framing and suggested questions that produce the most substantive, category-defining conversation. Questions may be used as written or adapted. For booking: booking@thefantasyloveco.com

01 Identity Alignment vs. Relationship Advice: The Distinction That Changes Everything

Most people have spent years trying to improve their relationship. Ashley's work starts somewhere different: with the identity operating inside it.

SUGGESTED QUESTIONS

- What do you mean by "identity alignment" rather than "relationship advice" - and why does that distinction matter?
- Why have people who've done extensive personal development still felt this gap in their love life?
- How do you know when a problem is a relationship problem versus an identity alignment problem?

02 Be Who You Really See™: Three Steps That Change the Default

The three-step methodology is not a sequence of instructions. It is an identity alignment system that produces results other approaches have not.

SUGGESTED QUESTIONS

- Walk us through the three steps of Be Who You Really See™. What happens in each?
- Where do people most commonly get stuck in the sequence - and what moves them forward?
- What does it feel like when someone has shifted from the adjusted version to the real one?

03 The Cup Story: The Moment This Methodology Was Born

In 2014, on a humid Houston afternoon, at a cup-painting activity, Ashley heard a voice. What it said became the foundation of the methodology.

SUGGESTED QUESTIONS

- Tell us about the cup story. What happened that day?
- What did you hear, and how did you know what it meant?
- How did that moment become a methodology for other people?

04 The Happy Trap: Why Good Is the Enemy of Fully Expressed

The most dangerous place is not obvious crisis - it is a life that is good enough. Good enough stops the reaching.

SUGGESTED QUESTIONS

- What is the Happy Trap and how is it different from genuine contentment?
- Why are high-achieving, vision-driven people particularly at risk for this?
- What does it feel like from the inside - and what gets someone out?

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05 Fuel or Friction: The Love Life as a Performance Variable

Every vision-driven person has a framework for work, health, and leadership. Almost none have a framework for their love life.

SUGGESTED QUESTIONS

- What is the Fuel or Friction concept and why does it matter for high achievers?
- How does identity misalignment in the love life affect performance everywhere else?
- What changes downstream when someone's love life shifts from friction to fuel?

06 The Adjusted Version: Who Is Actually Showing Up

There is a version of most people that shows up in their love life slightly different from who they know themselves to be. That slight difference accumulates into the gap.

SUGGESTED QUESTIONS

- What is the adjusted version and how does it form?
- Why do people show up as a slightly different version of themselves in their most personal relationships?
- What is the difference between healthy compromise and the kind of adjustment that erodes identity?

07 Vision-Driven Love: What the Audience Actually Wants

The people Ashley works with are not seeking a better relationship. They are building a life and want every area to reflect who they really see themselves being.

SUGGESTED QUESTIONS

- Describe the person you work with. Who is your audience?
- What does the vision-driven person want from love that most people don't say out loud?
- What does a fully expressed, identity-aligned love life actually look like day to day?

08 The Real Cost of the Gap: What It's Actually Taking

The cost of the gap doesn't stay in the love life. It follows the person into work, parenting, leadership, health, and the capacity to build.

SUGGESTED QUESTIONS

- When you say the gap "doesn't stay in the love life" - what do you mean? Where does it go?
- How do you help someone see the cost of something they've normalized for years?
- What is the most common cost people don't see until it is named for them?

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09 Identity Alignment for Singles: The Work That Doesn't Wait

The adjusted version that would show up in the next relationship is operating right now. This work is equally important before a relationship begins.

SUGGESTED QUESTIONS

- Why does your work apply to people who are not in a relationship?
- What patterns does a single person carry into their next relationship that would be better addressed now?
- What changes for a single person who does this work first?

10 The Spiritual Dimension: Being Who You Were Created to Be

For Ashley, identity alignment is not merely psychological or behavioral. The version of yourself you see is not imagination. It is recognition.

SUGGESTED QUESTIONS

- How does your faith inform the way you understand identity alignment?
- You say the version of yourself you see is a recognition, not a fantasy. What does that mean spiritually?
- What is the connection between being who you were created to be and the love life you build?

11 The Marriage Rebuilt: Ashley and Tristan's Story

Ashley and Tristan fell in love in college, separated for nearly a decade, and found their way back - not through luck, but through identity alignment. This is the origin story.

SUGGESTED QUESTIONS

- Tell us about your marriage. What happened, and how did you find your way back to each other?
- What made the reunion different from the first time?
- What do you know now about love and identity that you didn't know when you were first together?

12 Stop Settling for Happy: The Book, the Message, the Mission

The book Stop Settling for Happy When You Really Want The Dream is the foundational doctrine. This topic covers the book and what Ashley wants readers to experience.

SUGGESTED QUESTIONS

- What is the central message of Stop Settling for Happy When You Really Want The Dream?
- Who is the book for - and what do you want them to walk away knowing?
- How does someone know whether they are settling for happy or actually living The Dream?