

# The Divorced Christian Woman Podcast with Natalie Hoffman, Episode 11 - Grief, Rage, and the Uninvited Guests of Healing

**Heads up, friend:** What you're about to read is a raw, unedited transcript straight from the robots. That means you'll find some weird words, funky punctuation, and moments that make you go, "Huh?" If you want the real experience (and to actually know what's going on), I recommend reading the polished article, listening to the full episode, or watching it on 1.5x speed with captions on. Your brain will thank you.

**Natalie:** What if the bad feelings you're desperate to avoid, like grief, rage, and everything in between are actually the keys to your healing? In this episode, we get honest about all the big, messy emotions that nobody warns you about after divorce. If you've ever wondered if you're the only one riding this emotional rollercoaster, you are not alone.

Find out why your feelings aren't your enemy. They're your secret superpower.

This season is called the first 365 days after divorce. Today I have with me my friend and fellow coach Diana, and she's also host of the Renew Your Mind podcast, which is an amazing podcast that will take you deeper and further even than what we're doing here in the Divorce Christian Women Podcast. So I highly recommend that you go over and check out her podcast.

Today we are gonna be talking about grief, rage, and the uninvited guests of healing, basically all the big emotions that we experience. So let's dig in the first, let's, let's do it. Okay. The first question is, what emotions surprised you the most after your divorce, and what did you do with it?

**Diana:** With I, you know, what I've noticed with the format of you and I is you asked me the questions first, and I always have to answer first.

**Natalie:** Oh, I know. But one of these will just,

**Diana:** one of these times, we'll flip it around. No, but I'm, I'm happy to, 'cause I have answers. But

**Natalie:** maybe we'll, um, maybe next time we'll, like you get to every other question we'll ask. We'll, I mean, we could do that right now. We could do that today. Should we try it?

**Diana:** Sure. Ed, do you wanna try it off, off the top?

I mean, do you have

**Natalie:** the questions all in front of you? I do. I

**Diana:** have 'em in front of me.

**Natalie:** Okay. So next time you get to ask me the next question. Okay, cool.

**Diana:** All right. This gonna be fun. Fun.

**Natalie:** Well, the only problem with that is, is that if. If I just finished talking, then it's like, then I'm talking again.

**Diana:** Wow. Vice versa.

Let's just do it our normal way then, and we'll brainstorm everybody. Look at all the work that goes into creating a podcast. We have so many decisions to make.

**Natalie:** I know. And we already thought they were already made, but here we're processing a decision right in front of everybody. I'm

**Diana:** sorry. That's what I do sometimes.

Okay. Yeah. No, that's good.

**Natalie:** I, I like to keep it real. So

**Diana:** an idea popped in my head and I said it, so there you go. Okay. The unexpected emotions that showed up for me and how did I deal with them? Well, my divorce was a two and a half year process. I know you've had experience with both a long process and a short process, but, uh, so this was kind of in the middle, but on the longer end, actually for most people.

**Natalie:** Yeah.

**Diana:** So, um, I had a lot of emotional processing going on during the divorce time, the process, but an unexpected emotion that showed up. Uh. Uh, let's see. I'm looking at my wrong note here. So here it was just more real life there. If I click this, I get my right note is anger. There we go. Mm. So I think anger is fine.

I'm fine with feeling it. And so it wasn't like, oh, anger, that's a surprise. It's that the anger was, um, mixed with a lot of deep, like almost rage.

**Natalie:** Yeah.

**Diana:** Yeah. And, and I was

**Natalie:** gonna say the same thing. It was rage.

**Diana:** It was just so surprising. I was like, I thought I processed all this stuff.

**Natalie:** Yeah.

**Diana:** I thought, but it was almost as if once I was able to finally break that tie and as we say, you know, fly free and legally it, it was getting to that point I was like.

I can't believe this happened to me. I can't believe I had like, like the floodgate opened, like I had to hold a lot of it back for a while. Yeah. And then I, there was so much that I was like, why did this happen? Why was this, um, how did I allow myself to stay in this f my, how did I allow myself to stay in this for so long and endure all that?

Why would someone do that to me? Why does this happen to anybody? And all of this? Um, I guess I, I felt like an injustice was done.

**Natalie:** Yeah.

**Diana:** And I just had to be furious about it. There we go. Furious. That's a good emo way. Well, and,

**Natalie:** and they got away with it. I think that's what's what It's like they got away with it for so many years.

**Diana:** Yeah. So some people that we talked to, someone we talked to in coach do feel like, Hey, they got away with it. I don't know if I thought that. I just, I

think I thought this was wrong. Why did I have to endure it for so long, so long, and no one should treat someone else like that. Yeah. Now it, let me normalize this because it doesn't matter, like on a scale of if there was, people get divorced most often in the Christian space because there's dysfunction.

In fact, I've heard, uh, it said statistically that most women divorce because there's something dysfunctional in the relationship and their spouse refuses to change where men actually divorce for different reasons. But for, for those of us listening, who were the ones who chose to be divorced, there was a lot of injustice going on.

And I forgot what spurred me on to say this now. I really am being real right now. But, um, oh, it doesn't matter. This was it. It doesn't matter to what degree. There was something dysfunctional happening. Maybe you had major dysfunction, money was being hidden, there was pornography, there was yelling. Maybe it was extreme.

That's injustice and you might find you're furious or angry about it, or maybe everything seemed like it was going okay. Money wasn't a problem. Everyone was kind of functioning and going to their events, and yet there was this underlying disrespect that you couldn't quite put your finger on.

**Natalie:** Yeah,

**Diana:** you could have rage and feel furious about that too, because that's an injustice.

So it's not like I, if I listed out it, my stuff was all the subtle stuff. I shouldn't say that at toward the end of my marriage, it was all the subtle stuff in the middle. There was a lot of overt stuff. But, uh, I still, when I put it all together, I just was so surprised. I thought, I've been going through this for 30 years.

I've been processing it the whole time. Where did this dump truck of rage come from? And I just had to allow it. But boy, that was quite unexpected.

**Natalie:** Yeah, I think, you know, also the question is, um, it's kind of focusing on like right after the divorce is over, but I feel like a lot of the emotions for some of us got processed or got felt or experienced before the divorce was final, got experienced during the long separation.

Like my first separation was almost two years, and then the divorce took almost two years on top of that. That's the first one. And so, and during that time, that's

where I was at. I was just in a rage. Just in a, like not running around in a rage, just feeling it inside of me. The, the, for the same reasons.

It's like that surprised

**Diana:** you too.

**Natalie:** It surprised me how I liked to believe that I wasn't, we're gonna talk about anger, you know, like our relationship with anger as Christian women. It surprised me that I had so much of it inside. And in fact when people confronted me on it, 'cause they could see, you know, people, helpers who were trying to help us.

They could see that I was angry when they confronted me on it. I wanted to deny it. But what I should have done, if I would've been honest with even myself back then, I should have been, you're damn right, I'm angry. Right? That's what I should have said to them. But I was still trying to look good to them, so I had to kinda live in denial.

But yeah, it, if it wasn't for that growing rage inside of me, I wouldn't have had the energy to get out. I feel like the rage helped me, the rage of the injustice. Gave me the energy like that, just the emotional energy to then go, okay, I can sit and like quietly seethe over what's going on. Or I can get the Sam hell outta here.

Yeah. And I, and you know what? I'm not dealing with this anymore. I think. Um, so like that was my first, my first divorce, my second divorce. The, the feeling that surprised me. 'cause I thought I should feel something different. And I did, I kinda had a range of emotions. There were times I felt really sad.

There were times of my second divorce was very sudden. It was basically from the time that I found out about what was going on in my marriage for seven years that had been going on under my nose. And I didn't know it, I won't go into details, but publicly, but from the time that I was, the divorce was finalized was like a month.

It was just a few weeks. It was very short. So, um, my, I was surprised by how relieved I felt because I thought. That I was happy in that relationship. I thought that I was happy and, but I think, but after he was gone, I realized I had been managing my emotions in an effort to make it work and to manage my mind and be happy because I wanted to be a happy person.

I wanted to be happy in my life. But once it was over and he had moved out, I started to be honest with myself about all the ways that I had felt disappointed and let down throughout the relationship, like numerous times how I really tolerated kind of a subpar, more transactional relationship that really didn't have any intimacy or vulnerability in it.

I think because when you're living in a relationship in which one person is pretending to be someone that they're not, and you are going along with it and pretending that it's real. It's not possible to have intimacy or vulnerability because vulnerability and intimacy it requires full honesty, disclosure, and authenticity.

It's not covering up, it's not lying. It's not evading questions or like, oh, we're getting a little too close to the truth here, so let's distract ourselves with this thing over here, this shiny object over here. It's not checking out or stomping around instead of talking things out and so on. And so I just have felt a lot of relief, a mixed with, of course, sadness and other things.

But I think relief is the predominant feeling. And I wasn't expecting that. I wasn't expecting the divorce in the first place, but then I wasn't expecting to feel relief. So that was interesting. I don't know. I don't know if that's a lot of people's experience really, but maybe.

**Diana:** You were in a totally different place by the time, you know, because you've been teaching people about unhealthy marriages and uh, getting through divorce for so long that you didn't have to go through all the things that other people might have to go through.

You would, 'cause you're already always doing that work.

**Natalie:** Yeah. Well, and I had gone through it personally one time before. Yeah. And I was not that same person. So yes, it's been a different place. Yeah, you're right, you're right. All right, so let's get back to the topic of anger though. What was your relationship with anger before all of this, you know, blew up?

And how has it changed since then?

**Diana:** I think, you know, for a long period of my life and well into my marriage. I, um, I had definitely had the idea, don't go to bed angry, but then I had to give up on that one. 'cause you know, I, I think it's an, it's reasonable to be angry at deceit. It's reasonable to be angry at, um, mistreatment.

Yeah. And if I couldn't resolve it on my own, which I couldn't, I just had to go to bed angry and or be up all until I couldn't stay awake anymore. So I had to let go of that idea of, of don't go to bed angry and befriend my anger a little bit. But I also noticed that I used to use my anger as like a signal that something's wrong, and then I would go into Hyperdrive to try to fix it.

**Natalie:** Mm-hmm. Yes.

**Diana:** So that wasn't a healthy relationship with anger. That was like, um, you know, taking on responsibility for things that were other people's responsibility. Yeah. And um, and. Not, you know, in a way sticking my head in the sand, not facing that there's a real problem, but just trying to get the quick results to end the most painful thing that's happening.

And also trying to get people to behave different. Like you shouldn't be acting that way. And that anger would fuel me to be like, why would you do that? Could you please be kind? Or that sort of thing. And then I looked like an angry, crazy person. Then I shifted, uh, to, to wanting to grow and mature. And I kind of let my anger fall away.

Kind of like, um, you were saying like you can use your mind to manage your emotions and just be happy. Or you, I used my mind to manage my emotions to not feel angry and instead do things that were more productive. And so I kind of lost a lot of my anger. I'm like, I don't have time for it. I'm gonna direct my thoughts to other things.

And I think that's part of why when I did get divorced, my anger. Really surprised me, but it made sense. And so now my relationship with anger is, it really makes sense, especially when I would call it a righteous anger. I think it's fair for us to notice when things are done that are cruel, unkind, not respectful or whatever, and it would make sense to have some anger about that injustice.

Like, um, like one of the local things that most communities all over the world and in America for sure are, it's happening under our nose is sex trafficking of minors. And when I hear stories about that, it's not a crusade I'm directly involved in, but indirectly, maybe here and there, but when I hear stories about it, it makes sense to be angry.

**Natalie:** Yeah.

**Diana:** Injustice equals anger. And that's logical.



**Natalie:** Yep. Yes. Jesus

**Diana:** went and he's like, Hey, you filthy money changers. And he was angry and he flipped over all their tables. That's a righteous anger. Yeah. And so my relationship with anger now is I usually just check in, you know, what is the anger about? And usually I'm not angry at anybody or anything unless there is some sort of injustice.

So I feel like I've gotten to a healthier place with it. I mean, I'm sure it pops up here and there when it, it's not helpful, but most of the time I allow myself to feel it. 'cause I think it just really makes sense.

**Natalie:** Yeah. I think that we, you know, I was taught that we get angry, like Bill Gothard used to teach this.

We get angry when we believe that our rights have been violated. And so the solution is to not have rights. Lay down your rights Exactly. Where I believe that the real solution to anger is to get to. Lay down your rights to control the other person and make them show up the way you want them to show up.

Like lay down your right to control your husband and make him be a cat. He's not a cat. He's a ducky quacks. So every time you get mad, when your duck quacks and you think he should meow like a cat and that makes you angry, it's 'cause you're not giving him the right to be who he is. He's a duck. He's always gonna quack.

But also you need to give yourself the right to be who you are. You are either a person who wants to be with a duck or not. You're either person who is going to choose to stay with the, maybe you don't wanna be with the duck, but you're still gonna make a choice to stay with your duck or not. You get to choose.

It's your, you have the right to leave if you want to. You have the right to choose. The C-P-T-S-D often happens in women who feel, who are in these kinds of relationships and do not believe they have the right to leave. Yes. So they end up getting complex post-traumatic stress disorder because they feel trapped.

And that's because they believe these lies. Like Bill got taught you don't have any rights. Other people have a right to treat you like shit, but you have no rights. You need to submit to that treatment. No, you don't. You can walk away and go, no, I think I'm gonna deal with this. No, I don't think I'm gonna live with someone who lies to me.



He can lie. That's totally it. Totally. If that's how he wants to show up in life, go for it. I'm just not the kind of person who lives with someone like that. Mm-hmm. Therefore, ergo we shall get divorced. Yeah. And then that's what happened. All right. So anyway. Um, but I used to think the anger was the worst sin ever.

My mom was a yeller. Her mom before her was a yeller. I don't know what my great-great-grandmother was like, was like, or my great-grandma was like, but I learned that if you yelled, you got things done. You got control of things, you know people would do if you yelled at them. And I hated yelling. I hated it when other people yelled.

But as a mom or even as a wife, there were times when ev I would try everything else first. Everything else first. 'cause I did not wanna yell. But then if nothing worked, I would resort to yelling because I had this inner belief that it was my duty as a wife and a mother to make sure that there was connection, that there was cooperation and love in our home.

So isn't that interesting? I wanted connection and cooperation. So sometimes I would yell to get it, but that never works. So I rarely yell anymore. I rare, I, I, I can probably remember two or three times I yelled even in my second marriage. Okay. Because I know, but the, the reason is, is I no longer believe it's my job to make connections work.

I believe it's my job to extend invitations. Would you like to do this? Would, could you please do that? And then I accept that if the other person has the right to make a choice, they can either go, yes, let's have a connection here, or, I don't really wanna have a connection here, but I don't have to yell about it.

If I ask questions and I get evasive answers, I let it go. Do you wanna spend time with me? Do you wanna go out to dinner? Should we watch a Netflix series? No. No, no. Okay. So I just did stuff with other people or watched Netflix myself or with my kids, but I didn't try to convince the other person that it was.

But it's very important for us to grow our relationship if we spend regular time hanging out. How come you're not doing that? I didn't do that. I mean, I did, I did try a couple times to have a conversation where I said. It might be healthy for our relationship to spend more time together. But that, but since, but it, but then it didn't, nothing changed.

So then it was like, okay, I guess he doesn't want it to change, so that's, he has the right to be like that. Whereas I fought more with my first husband because I thought it was my duty to make this relationship work. So I am really proud of how I showed up in my second marriage. Not because I didn't yell or get angry, but because I kept my own self-respect and also gave him the respect that he needed to be free to be who he was.

And then I made my own choices to that nourished my own soul. So then when it ended, my life was not caught up in his life and his choices and his feelings. I only had my own to manage. I had to learn this skill of letting go in the first marriage, and I really did not fully learn it until that marriage was on its last leg.

And that's when I saw that if I let go of trying, if I let go of trying, there was nothing there. He was carrying zero parts of our relationship and he was never, ever going to carry any of any of it. For me to stay in that relationship meant that I would have to take 150% of the responsibility of that relationship, and I was out.

I was like, I did this for 25 years. I'm out. I'm not living the rest of my life like this. I, I just wanna do a plug for the best book I have ever read on anger. That was a game changer for me during that time was the Dance of Anger by Harriet Lerner. I'll put a link in the show notes. That book taught me how to use my anger not to control someone else, but to take back control of my own life.

So that's why I think anger is amazing. I love anger. You've got anger. Okay. Let's harness that anger. And I mean, both Diana and I will like, we love to help women learn how to harness their emotions to play, play into their favor. Mm-hmm. And help them to take back their control of their own life because their emotions are there for a reason.

**Diana:** Yeah. Lemme just say real quick. Sometimes when I coach people that, you know, I talk about what you think and what you feel and what you do. And I'm like, so if you think this, you feel angry. And they're like, yeah, and I don't wanna feel angry. I'm like, okay, then you'd have to think something different.

Here's what you think. And so you might think, he shouldn't treat me that way. It's mean. And I'm like, do you wanna let go of that belief? And they're like, no, I actually really believe you shouldn't treat someone like that way, that way. And it is mean. I said, then you're gonna feel angry. I don't wanna feel angry.

But then you have to lie to yourself and, and live misaligned to your values. Yeah. That's why I call it like a righteous anger. Yeah. And so, uh, do coach a lot

of people, I'm like, then you're just gonna, you're, let's just talk about how to process anger and how to use it in your life so it doesn't disrupt you.

It doesn't, you're not ruminating on it. It's not taking you down. It's not sucking away all your energy, but it's just something that makes sense in your life because of the values you're choosing to live by. So anyway. Exactly.

**Natalie:** Exactly. Yeah. I'm so glad you said that. Yep. Alright, we're gonna kind of shift our focus now from anger to grief.

**Diana:** All the fun stuff. Yeah.

**Natalie:** What, so how did grief show up in your life? And, you know, the question is like, after divorce, but I think we can talk about like when it showed up even before your divorce. And after. And what helped you move through it instead of getting stuck in it?

**Diana:** Yeah. Before my divorce was final, it was when we told the kids that we were getting divorced, I had a lot of grief about their nuclear family being altered and I just knew that was part of the deal.

I had listened to the Flying Free podcast and was a part of the program for a few months before I told the kids, and I just knew, I just knew this is part of the deal. This is part of the climbing out the burning ladder, as you've said, Natalie, to get outta the pit. Like you gotta climb out the ladder that's on fire, the metal ladder, the wood, whatever, it's on fire.

That's the way out. I'm like, this is part of climbing up the painful ladder, the grief over, um, seeing my kids suffer through this. 'cause I didn't want that for them. I mean, on the other hand, I did. Part of me didn't want the divorce for them because of the pain they'd go through. But part of me wanted it for them because I wanted them to know what a healthy marriage looks like or that what, that you don't have to stay in an unhealthy marriage.

**Natalie:** Yeah, yeah. And you don't

**Diana:** have to stand for being mistreated or belittled or whatever else that there does come a time when you walk away from that. So, uh, anyway, a lot of grief with that, but then I was surprised. Speaking of, you know, your first question was when did, when were you surprised by, or what emotion were you surprised by?

Um, this was another one I was surprised by. I thought I had done so much processing, and I've said this before about, but I, I guess so the point is there's always more to process.

**Natalie:** Yeah.

**Diana:** I thought I'd done so much processing that once the divorce was final, I would only have relief and celebration. But I had, uh, and so I think it was grief.

I had a, like a low grade depression for about three to four months and I. I didn't enjoy that, but I didn't resist it. And I was like, oh, I got some depression here. I, I'm probably grieving at a deeper level. I can't even quite articulate it. I mean, and sometimes I had some thoughts about why I was grieving at that time, and sometimes I'm like, I'm not really sure, but here it is.

And so whether you, I call it grief or depression, it was just one of those that just, that cloud that and ick and pain that stayed there for several months. And I just, I lived with it. I allowed it. Um, what helped me get through it, I, I mean, I ate a lot of dove chocolate and dutch cheese curls. That was one thing.

Um, I, uh, I admitted to my friends what I was feeling and let them speak into me. And then the other thing, the, the rest was just living with it and allowing it and not thinking anything had gone wrong or it was bad. I was just like, oh, didn't know this was gonna be here, but it's here. Okay. That's about it.

It was kinda, it, it was a more uneventful grief for me at that point. I think my deepest grief about over my marriage actually came when I almost left seven years prior to my divorce, and I didn't end up leaving then, but I thought I was going to, and we did a year long in-house separation and I, I did a lot of grieving over what I thought my marriage would be and what the future would be at that point, I just let I, I let it all go.

'cause I, the picture of what I thought I would have, I realized would never be, even if we did salvage the marriage, it was never gonna look like what I had dreamed of all my life and was scraping for all those years.

**Natalie:** Yeah. Yeah. I think what I'm seeing in the forum, we, we have hundreds of women in the kaleidoscope and so many of them that are still in their marriages.

They, when they think about leaving, kind of where what you were just describing, they will feel so much pain and grief over even the thought of

leaving and they don't wanna feel that pain. So then they try to figure out how to make it so that they don't have to leave. 'cause that what they're really doing is running away from that pain of grief.

And it is unavoidable. If you want to, if you want to get out and heal, you have to be willing to go through the gauntlet of grief. You have to be willing to feel those feelings. And it feel, you think before you go through it, you think, I'll never be able to survive that. But you will on thousands and millions of women have, um, everyone who's listening to this, who has gone through a life-saving divorce has gone through that grief.

Right? So, so part of feeling that pain means, and for me it meant crying. When I felt like crying. I would do, sometimes I would do yoga. Which actually calms your vagus nerve. It it, when you stretch your body in certain ways, it's um, it helps to calm your vagus nerve or, uh, which is very helpful. And sometimes at the very end, they have this Shavasana, which is basically, you know, you're doing the dead corpse pose and you're just laying there.

And I would just lay there and the tears would just be rolling down the sides of my face and I would just, I wouldn't even be grimacing. The tears were just flowing. They would just flow. And I would just lay there like in a dead pose, just with tears streaming down my face. And I would just be like, let 'em come, let 'em come.

My body. It's my body just needs to grieve. Right? Um, also writing letters back and forth to my younger versions of myself writing letters back and forth from my baby self, from my toddler self. This is an exercise we do in, in one of the courses that I teach from your grade school self, your junior high self.

That brought up a lot of grief for me and also was extremely healing. And I talk about this. You can see the whole process in my book, all The Scary Little Gods, my whole process. Or like, I'm a writer, so I wrote on my blog, you know, I wrote articles that actually helped me process. I think the best book, well, I mean I'm sure there's amazing books on grief, but we just went through, we just finished going through one in Flying Higher called Finding Meaning the Sixth Stage of Grief by David Kessler.

And, um, our Flying higher discussions have been so powerful around this book. Um, the women just opened up and shared stories of all kinds of losses, and we talked about how we're working through our grief, but with every single testimony they have had to just like walk into it purposefully. Look at the grief that's lying ahead, the big wall of pain, and.

Intentionally walk toward it. It's like, have you ever heard that story about the, there's certain buffalo who, if there's a storm, they actually run into the storm and they run through the storm. So the storm is coming, you know, from left to right. They're running from, from right to left because they know they've been wired by their creator to know if we run into it and through it, instead of running away from it, we will get through it faster than if we try to run away from it because the storm will just be in the storm a lot longer if we try to run away from it.

**Diana:** That is so good. I love that. Yeah. Oh my gosh, I'm never gonna forget that analogy. I love how God uses nature to, to teach us principles like that. Yeah. And I just wanna add gr grief for everybody. Whether you've lost a person, uh, to death, or it's an end of a relationship, or you lost a dream for your future.

Whatever, lost a home that you loved, whatever you're grieving. It's a very individual process. And so the, you know, we're definitely not even spending enough time on it to give you ideas of how to move through it on your own. But it's, um, I, I love how you just said to embrace it and go into it and then feel free to find your own way.

Reach out for your own resources, whether it's being in a group, the Flying hire groups, tremendous. You'll have people all around you to support you every, every time you need or want somebody. And you can get coached on through your grief and all that. But you can get a counselor, you can join groups at your church or in the community.

Like you gotta find your own way. 'cause it's a completely different emotional, big and emotional experience for everybody.

**Natalie:** That's right. That's right. So did you ever find yourself missing your ex and then feel bad about that or feel ashamed of it, like, I should, what am I doing?

**Diana:** So I'll give my answer and then I'm gonna, I'll refer to like just some experience as coaching people through this and Flying, Flying Free.

But my answer, did I ever find myself missing him is no. But I remember I said I almost left seven years prior to my divorce. I, I stayed till the very bitter end. I worked through so much stuff. I didn't leave until I, my thought and realization was actually the marriage is dead. Like it's un revivable, it's shattered, it's buried.

There is no, it's dust. There is nothing that can be done with it. And by that time I had gone through, uh, so many stages of, all sorts of ways of thinking about thing, a different stages of the relationship. So no, didn't miss 'em at all. I was too busy with my righteous anger. But I do wanna say many people, many women that Natalie and I have coached have.

Still felt that draw, have wondered if they made a mistake, remember the good times and long for them even remember well, like maybe the bad times weren't that bad, or if maybe now I'll never be with anybody. At least I would've had somebody. And, and there's a lot of missing that happens for a lot of women.

And so I just wanna say there's absolutely no shame in it. It doesn't mean you made a mistake. I would still encourage you to trust that God's led you on this path to where you are today for a reason where you're today isn't a mistake, a decision you made isn't a mistake, but here you are and if you miss him, okay, you don't need to feel shame about it, but you know and recognize you had a bond and that bond is uh, there may still be pieces of that bond there that have to break.

Maybe some never will. Maybe, maybe it will, I don't know. But it's all normal. It's logical, right? Isn't it logical to still feel connected and some Right. Um, missing of somebody you spent a large chunk of your life with.

**Natalie:** Yeah. And

**Diana:** so you, you can let, let it be there. But I also want to encourage everyone to recognize you don't have to act on it, right?

So if you miss him, you don't have to send 'em a text. You don't have to tell 'em you miss him. You don't have to go to lunch. You don't have to make any steps towards anything. You just notice it's there and be like, I wonder why that's there. And you can maybe even ask yourself, what do I need to, is there something here I need to process?

Is there, um. Something here I want to work on. What's this? What's this about? Ask like I say to myself, what's this about, Diana? What, why do you think that's coming up? And you can get curious about it and see if there's something that you wanna work through.

**Natalie:** Yeah, yeah. In the healing your relationship with yourself.



Course in Flying Free there we talk about how we have different parts of us. And so if a part, I always think, well, there's a part of me that does miss parts of them.

**Diana:** Yeah.

**Natalie:** Right. But that doesn't mean that I'm going to let that part of me now make decisions for my life. Because our parts are little kids.

And little kids don't, generally speaking, make very good choices. They just wanna solve for, for problems and solve for pain. They're not gonna necessarily make a wise choice. So part of me still once in a while, misses parts of both of my ex-husbands and, and, and I loved them. You're right. When you just, they're like family.

When you marry someone, they become like a family member. And so, um, but you can still love somebody and never let them back in your life again because they're not good for the person who has your name. My ex-husbands are not good for Natalie, and I believe that Natalie, that person deserves someone who is in it 100%.

I gave my 150%. I deserve someone who's also going to do the same thing. Someone who does their own inner work. Someone who's ready and willing to do the hard stuff and not just walk through life. Ladi, dodi da. We'll let her handle all of it. And we're not gonna, you know, we're not gonna step up and do our own inner work or pretend that everything is okay when there's all kinds of stuff underneath the surface.

And you know what? I have given that to myself now. So I feel very little need then to get that from my ex-husbands.

**Diana:** Yeah, or

**Natalie:** for any man for that matter. 'cause that's another common thing that happens is it's like, well, I miss this person. How can I replace them now? I need to replace this person so that I can get my needs met from a new person.

Once you learn how to meet your own needs in that way, then you no longer I feel, literally feel no need to go out and look for another person to get married to or to be with. I have no need for that because I ha I meet my own needs now. Like I genuinely 100% do that. And I believe, and I was a person who used to

panic when I was, you know, a single person before I got married the first time because I thought I could never, ever go through life without a man.

I could never, ever, I used to literally feel panic in my heart when I graduated from college and still didn't have a husband. I thought, oh my gosh, this cannot be happening to me. This literally cannot be happening to me. And so if I can go from that kind of terror over being alone to actually loving my single life and being completely feeling completely whole by myself, I think anybody can, it is work that you have to do, but you can do it.

You can get there, and I think it's work worth doing. All right, so let's kind of, you know, it's a piggyback off of that. Let's talk about trauma bonding.

**Diana:** Yay. You

**Natalie:** know, what helped you break free? I know you described those seven years, which I imagine that you're gonna refer to, but to break free from that emotional attachment to someone who kept hurting you.

**Diana:** Yeah, I, um, I've, the term trauma bonding is never one I've decided. I need to decide if I was trauma bonded or not. So I, you know, like on the other hand, I would tell you. I've diagnosed myself with C-P-T-S-D. I feel good saying that, uh, trauma bonding. I don't know if it's just term I don't like, but when I think about the definition, I'm like, well, that is kind of like, I think of it like when you're feeling like you're in a relationship that's hurting you and yet you have an emotional tie to the person that's causing the pain and your brain's kind of like, or your emotions or something, your fears are keeping you stuck even though you know it's not healthy.

And also I think trauma bonding is usually a cycle. And I'm like, well, gee, I went through a lot of cycles, right? Where things are good and then you have your hope again, and then you, you're like hooked in and you think everything's gonna be great. And then you go through the painful, uh, part of the cycle again, and then you do the nice part of the cycle again, the painful.

I'm like, okay, well I experienced that too. So I think, um, here's another way to, I would describe it is like. Um, being in a painful relationship, it, you might even think maybe I shouldn't be in this pain painful relationship. And yet there's this part of you that just keeps hoping that the good part's gonna come back.

Or, um, in my case I thought, well, for sure he's gonna change this destructive habit now for sure. He is gonna stop drinking now for sure. He is gonna stop

lying now. And it just never happened. So in the abuse world, and a lot of the women that you and I talked to who've been divorced would say that their relationship had emotional abuse.

And in the emotional abuse space, we, um, we talk about the people who are emotionally abusive. One of their tactics is called future faking, where they'll keep promising you something in the future. Well, oh, next year we'll go move back home by your family. Or, um, as soon as I finish this my degree, then uh, we'll take a vacation together.

Or, um, you know what, I'm just under stress at work. I'm sorry, I've been yelling at you. I'm gonna get that under control in the future and I'm gonna stop. And anything that's promising something good in the future, and then it never happens. I think in the trauma bonding, we kind of future fake ourselves.

And I think I did that. I think I future faked myself. Like it's going to get, it's gonna get better. Surely it is. But then eventually I just had to stop lying to myself and be like, you know what, it's 30 years and I've held onto that for 30 years and, and I think my bond was broken by the end. I. So I worked through that trauma bonding.

If I had that before I left, I would say it was still there when it was seven years. Yeah. When I almost left seven years prior to when I really left. I think there was trauma bonding craziness happening then.

**Natalie:** Yeah.

**Diana:** But I was free from it by the time I left, which is just made it, it was painful still, but I could just walk away.

**Natalie:** Yeah. Well, AI says that trauma bonding is an intense, you know, that friend that we all have,

**Diana:** I, I love that Chief pt.

**Natalie:** I know it. So, AI says that trauma bonding is an intense emotional attachment to someone who has caused harm or trauma, often developing encyclical patterns of abuse and positive reinforcement, which is what you just described.

Yeah.

**Diana:** Yep.

**Natalie:** It can make it difficult for the victim to leave the relationship in despite recognizing the harm. And I believe I was trauma bonded to my family of origin. And my first husband and even the church I was involved in and all the people who I, I believe they were unintentionally harming me due to their own programming.

Right. But the work that I did after all of that blew up, really kept me from being trauma bonded to a, to my second husband. So I was able to remain totally differentiated or individuated, or whatever that word is, in the second relationship. Like I saw myself as a separate person with rights of my own, which is why I was able to end it so swiftly once I discovered that some things had been kept hidden from me for seven years.

And so I think the work that we both do with women who are trauma bonded is helping them see them individuate themselves, helping them to see themselves as individuals who are important and valuable in their own right. And also, one thing that I love to do that they, they never think about this, but. Or they haven't thought about it until they get it, gets introduced to them is they would never offer their daughters or their best friends or their niece or someone that they really care about the same advice that they tell themselves in their own head over and over again in the same situation.

So I try to help them see themselves as a, a separate person, the way they see their daughter or the way they see their best friend. So they see themselves through the eyes of their very own deeper and wiser self who would offer a very different advice to someone else rather than through the eyes of their abuser.

Because we tend to see ourselves when we're trauma bonded, we see ourselves through the eyes of the person who's harming us, how they're thinking about us, how the abusive culture that we're living in is thinking about us, maybe how our family of origin has communicated that they're thinking about us.

And I don't think this is an overnight detachment. I think this takes time. Every year I give, uh, my whole mailing list access to a course in my community. Uh, it's a really simple, smaller, like shorter course, but it's called Detach and Detox. And so, you know, if you're listening to this, get on my mailing list.

'cause sometimes I'll give you access to something, um, or I'll give you goodies or workshop, we'll do workshops or q and a live q and as, or other things that can help you for free. You don't have to join my community to get those things,

but you do have to be on my mailing list. So. Um, you can do that by going to [flyingfreenow.com](http://flyingfreenow.com) dot com and a popup.

Well, actually I think the very first page there you can get on my mailing list. Speaking of that, do you have a mailing list that people can get on to? I

**Diana:** do. Yeah. And if anyone wants to, um, to get that, it's linked to my podcast. So my podcast is the Renew Your Mind podcast, and then the webpage you can go to is RYM podcast.com.

And you can get my weekly thinking on a Thursday because I am all about what are our thoughts doing for us emotionally and how is that affecting our behavior? And I speak about that every week in my email.

**Natalie:** I love that. Thinking on a Thursday.

**Diana:** So it comes out on Thursdays? Yes.

**Natalie:** No. Okay. So Diana, was there a moment you realized that your emotions weren't your enemy, but actually part of your healing?

And if so, what shifted for you?

**Diana:** Well, yeah, I mean, you were just talking about email list. It's because I'm a life coach. It's when I became a life coach and I started exploring and the way I became a life coach was, I have a whole episode on it, my podcast, you guys can listen to it there. But I had three people tell me I'd make a good life coach in a short period of time.

And I was like, is that even a real job? And then the next thing you know, I. I'm a life coach, so go find that episode on the Near Your Mind podcast if you wanna hear all the details. But that sent me into all of this learning about, I especially dove into cognitive behavioral therapy, which as I say, is what you think leads to what you feel, what you feel will fuel what you do, what you feel.

I'm like, wait a second. My thoughts are a huge, I wouldn't say it's a hundred percent, but they are probably like 95%, the stories in my head, at least 95% creating my emotions. Wait a second, and then I'm like, what are our, what are, where do those emotions come from? I'm like, well, I was created in the image of God.

These emotions are from God. Yeah. Which ones? All of them. If you Google Emotions wheel, you'll find a whole bunch of 'em. I have one that I provide in my coaching practice right away to everybody because we gotta be able to talk about what our emotions are. And I'll, I'll tell people all the time, like, which ones of these are from God?

Or I'll ask them and they have to admit, well, I guess like all of 'em, right? And I'm like, yeah. So if we were given all these emotions on purpose, it wasn't a mistake. They aren't my enemy. There's something God gave me on purpose. It could be. A lot of times it's an alert, Hey, pay attention, alert. There's something that you're thinking, there's some story you have that's creating a lot of pain or alert, alert, something happening around you is colliding with your values.

**Natalie:** Yeah.

**Diana:** I mean, notice, you know, we don't usually get concerned about our emotions unless they're uncomfortable. All the, you know, like I feel peace. We're not like, what am I thinking? That's creating peace. I need to figure this out though. I would encourage people to do that because it really opened you up.

But, um, yeah, I thought, wow, these are all here from God. That's amazing. So I embrace them all the time. I'm never like, Ooh, I'm feeling this, this is bad. I have to stop it. And by the way, my emotions are not deceiving me at all, ever. My emotions are enlightening me to what's going on in my brain and my emotions are helping me process the things I experience in this world.

And they're wonderful.

**Natalie:** Yeah.

**Diana:** I pay attention to them and I honor them, and they give me a lot of wisdom and nobody will can tell me otherwise.

**Natalie:** Yeah. Yeah. How I have, so in my book, all the Scary Little Gods, there's this part two of my book, I, I talk about my emotions and I sort of personify them. I turn them into these little parts and each part of me, each different part of me has a different belief system.

'cause I have this, you know, kind of Pollyanna part. I called a rosy. I have this very melancholy, dramatic part and I call that one melancholy. Um, I have a, a snarky part that I call rude. 'cause my mom always used to say, you're so rude.

That was my snarky part. You know, whenever that snarky part came out, my mom would say, that's so rude.

So. In my book, you, if you get my book, you'll get to see my emotions personified, but you'll also get to see what they believed. And it, it's, it illustrates or shows, what I was trying to do is show how every, like, 'cause you'll be able to go, oh yeah, I got a part. Like me. Like that in Me Too. If I believe, if that part of me believes these things, then of course they're gonna feel a certain way in whatever happens to me.

They're gonna always interpret that thing or spin that thing according to the story that they already believe. The core belief that they believe about life. They'll spin a story, they'll feel a certain way, and then because we have different parts inside of us, they kind of conflict with each other.

That's why we can be like very confident in a situation and also very insecure in the same situa part of us can be very insecure in the same situation. It's really weird. So if you've ever thought. There's something definitely wrong with me. I'm like a schizophrenic or I'm a, you know, a weirdo or something.

No, you're not. You're actually very normal. You just don't understand what's going on inside of you. But once you understand it, then it makes sense. And then you can start, then you can like start to enjoy it and start to enjoy and appreciate who got the complexities, the complex way that God made you.

But um, yeah, that's how, that's when, that's when working my way through that, like doing IFS learning about IFS, which we do in the course called Healing Your Relationship with Yourself. Course. That's, you gotta explain,

**Diana:** I don't know if we've talked about IFS You gotta do the quick explanation of what it is so people aren't like, what is that?

**Natalie:** Yeah. Well, if FS stands for Internal Family Systems and it's, uh, uh. A theory or a way of thinking about yourself that Richard Schwartz, um, came up with many, like over 30 years ago, and it's be, it's like exploding in the therapy world right now because it's really effective with, for people. It helps to de pathologize the fact that we have conflicting emotions and we have conflicting thought thoughts, and it helps us to, if you think about like Jesus Christ moving towards people who were the outcasts and the prostitutes and the drunkards and the wine bibbs, as some translations say, Jesus Christ and the, and the sick people, he moved towards them.



These parts that were problematic. If we learned to be like Christ inside of ourselves, we would move towards these parts of us that we tend to wanna shame and push away. We've moved towards the parts that feel so much anger and that believe these weird ideas, and we've moved towards the parts that are very dramatic.

We'd move instead of feeling shame about them. And then when you move towards them, they get set free. 'cause they feel like, oh, I'm safe. I don't have to, I don't have like, she's got me. God's got me. I'm safe. I can be myself. Then we don't have to, and once we lose our shame, we begin to show up in the world.

We start to blossom. Instead of hiding ourselves and our, and our light that God put inside of us, we start to shine because we're okay with making mistakes. We're okay with the fact that, yeah, there's a part of me that's kind of dramatic. You know, if someone says, you're so dramatic, we're like, I

**Diana:** know.

**Natalie:** Isn't it amazing? There's a part of me that is so dramatic. I love it. I love that part of me. So I don't feel any shame. And then they don't know what to do with that. If they were trying to shame me, they're like threat. I can't get her to feel ashamed. She thinks it's good that she's dramatic. So. So that's how it heals you.

That's how you can heal your emotions. So if you've never done IFS I'll teach you about it in my program, but also, um, you can learn about it if you google like a great book from a Christian perspective, is Jenna Ramir MA's, um, uh, what is it called? Well, one book by Richard Schwartz is No Bad Parts. The one by Jenna Ramma is something else.

And you know what? I will put it in the show notes, but it's a great, hold on. I'm writing a note to myself to do this. It's a wonderful book for Christians 'cause it shows, I don't know. It's, it was, it's great if you're a Christian, which this is the Christian Woman's Pod Christian Divorce Woman podcast. So we're gonna assume that people who are listening are for the most part, either interested in Christianity or identify as a Christian.

And that all together you all together you. Thank you. Thank you. So good. I look in my Kindle, I say, if you're gonna get two books on, uh, and I recommend these in my book, all The Scary Little Gods, you're gonna get two

books on IFS, I would get Richard Schwartz, Richard Schwartz's book, no Bad Parts, and Jenna Ramirez's book.

Uh, altogether You, altogether You, yeah. Which

**Diana:** incorporates, uh, Christian, the Christian Perspective.

**Natalie:** Yes. Okay. So, um, all right, let's talk about forgiveness. How do you distinguish between forgiveness and reconciliation, and what does forgiveness look like in your life, if at all?

**Diana:** Let me first say that for the majority of my life, I assumed forgiveness and reconciliation were merged together into one experience.

**Natalie:** Yeah.

**Diana:** And I, um, so like, if you're, you know, you're a kid and your best friend, uh, stole the Snickers outta your lunch when you weren't looking, I. And then, you know, you wanna forgive them. That means I'm going to, I'm going to say It's okay. Yeah. I forgive you, and then we're gonna be friends and pretend nothing's ever happened.

Yep. So that's the, the simplistic version. I think that we actually get modeled to us as adults as well. You see it in movies, it's in all the relationships around you. It's in church. We know when they say to forgive someone, they think that that means the relationship's gonna be restored, which is reconciliation.

Okay? So forgiveness is, it's okay, and reconciliation is now let's be friends again. So, um, forgiveness in my adult words would be, you don't owe me anything.

**Natalie:** Yeah.

**Diana:** For this, yeah. Your

**Natalie:** debt is forgiven,

**Diana:** your debt's forgiven. And then reconciliation is let's have relationship. So the truth is these are not the same.

Yeah, man, I have so many books that come to mind. There is some, um, you had her on your podcast, I can't think of it, but a woman who left her marriage

gr Yeah. And worked really hard to forgive her ex-husband. Yeah. But they did not reconcile their marriage. Yeah.

**Natalie:** Yeah. So you can put that in the show notes too, too.

I am, that's an amazing

**Diana:** book. Forgiveness After Trauma. She does a great job. Differentiating the difference or differentiating the difference. Um, differentiating forgiveness and reconciliation. Yes. And so I have gotten to a place where I forgive for me and I also will, would reconcile for me or not. So if the, I can forgive some, anyone, absolutely.

Anyone, so that I can let them off the hook and I'm not carrying a burden around of feeling like somebody owes me an apology, owes me money, owes me recon re. Compensation, um, whatever. You don't owe me anything. You're off the hook. I would do that for me. So I don't suffer the reconciliation. I also, at this stage in my life, I also need to do it or not do it for me.

**Natalie:** Yep.

**Diana:** If this person is repentant, they're, they are, they've recognized the infraction. They want to be different and they're making changes and I don't have a long history of them doing this kind of thing. We can reconcile, but if I've reconciled with you a few times and you're not making any real changes, I'm gonna be done reconciling with you and the relationship's gonna be over.

And I think that's totally fair at, you know. Yeah. I think it's totally fair at any stage in your life, I just say at this stage in my life, 'cause the older we get, the more we're like. I really don't care what you think people, I've gotta live my life. I gotta do what's healthy for me. But permission to do this when you're 10, when you're 20, when you're 30, you don't have to wait to decide reconciliation's not for me.

**Natalie:** Right? Yeah. I really have nothing to add to that other than maybe you, uh, an example in the Bible would be, you know, David forgave, Saul the king, Saul, you know, king Saul had tried to kill David a couple times, and David, and finally David realized, gosh, I gotta get the Sam heck out here. Like, he, you know, I want to honor my king.

I want to, you know, help him. He's got mental health problems, right? But I, but I'm not, this is not working because he's coming after me. Once in a while,

he goes berserk and tries to kill me with Javelins, so I'm going to leave. So he leaves, but he, you know, he forgives him because he has a chance to actually kill Saul in his sleep at one point.

He doesn't, he chooses not to. He take cuts off a little part of Saul's tunic or whatever, and then he, and then he gets a distance away and says, you know, I just want you to know, like waving the white flag. I'm not trying to hurt you. I'm gonna let you go. But, and then Saul realizes, oh gosh, you know, I should stop pursuing David.

He's, he's a better man than I am. But David doesn't, David doesn't go, oh, oh, well let's get back together again. I'll come back and live in your, I'll come back and sing hymns to you with my harp again. No, David stays away after that. Yeah. Forgive Saul. And he stays away. He does not become Hi Saul's lackey anymore.

And I think that's okay.

**Diana:** And so as divorced Christian women. We may wanna forgive our ex-husbands or other people in the pain of the divorce. There could be other family members or church people or whatever that were part of that. We might wanna forgive them, but we don't have to reconcile. Right. And it's totally, I mean, me with somebody who like embraces my anger reconciliation with the person I divorced, I have absolutely no plans for it.

I mean, not that we'd get remarried, but even as to have a friendship of any sort. Yeah. I, I don't want a reconciliation and I still have some anger and I'm totally cool with that and it's not ruining my life and I have a happy life and it's not stressful and it doesn't keep me up at night. And that's all great.

Yeah.

**Natalie:** I will say one thing too, when you said, um, it means that we're, that they don't owe us anything anymore. I wanna just say I think they still owe us. I think it's okay to think of it or frame it a little bit differently where you say, no, you, this person still owes me. They owe a huge debt. But I'm not going to come and collect it.

Yes. Yeah. It's better because that Yeah. 'cause that helps you to it. Otherwise we tend to feel, I think there's a part of us that might feel like, well that's not fair. They just got away with it. No, they still owe a huge debt. They're in your debt for the rest of their life. They owe you, you gave 150% to the relationship.

They gave nothing. They owe you 30 years worth of a relationship and they're never going to pay it. So you can either stomp your feet and scream about it, or you can go, okay, the only way you're gonna be free is if you let them. Let say, okay, I'm not gonna come and collect. I'm going to just walk away and live the rest of my life free.

**Diana:** And I'm not gonna feel, and I, I'm not gonna carry resentment about my choice not to collect.

**Natalie:** Yeah. Yes. I'm going to

**Diana:** let it go.

**Natalie:** Exactly. And I think that is such a powerful feeling in your body to be able to take that You have the power to collect. Really, you kind of don't as I'm thinking about it. 'cause you can't force someone else to do something.

You know what I,

**Diana:** but it still is empowering to let go of that. It's a, it's like a tie that you're, you're cutting.

**Natalie:** Yes. Yes. It helps. Trust me. It helps.

**Diana:** We don't have any good analogies, but it really helps.

**Natalie:** Yeah. If you wanna hear more, like really going into a lot of depth about this with easy to understand and great stories and amazing ways of framing all of this.

Definitely get forgiveness After Trauma by Susanna Griffith. It's an incredible book. Highly recommend. Alright, we're gonna wrap this up now. Um, what would you, what would be final words that you would say to a woman who's afraid to that if she really lets herself feel these big emotions, she might fall apart and never recover.

And maybe let's piggyback or let's add to that the idea of what are some strategies that women can use or some practices that they can use to kind of. To process their emotions and you know, like we talked about the buffalo running into the storm, what would that mean, practically speaking for a Christian woman to run towards the feelings instead of running away from them?

**Diana:** Now I feel like I want my, uh, life mascot to be a buffalo.

**Natalie:** Like it's your spirit animal. Here's another book A Buffalo,

**Diana:** the Tools by Phil Stutz. Oh, he has this, this line where he is like, I love pain.

**Natalie:** Yes,

**Diana:** that's, now I'm seeing the buffalo running into the storm. I love pain.

**Natalie:** Yes. That is another great book that we actually studied in Flying Hire.

I'm sorry. But in Flying Hire we study amazeballs books and we, um, they're, yeah, they're pretty life changing, so I promise. Yeah. Yeah. I mean, look at how many

**Diana:** we keep recommending and you have had a lot of them on your. Find free podcast too, which has been fabulous. I love hearing from the authors directly.

So I would say that this idea of for women who are afraid to let themselves feel big emotions because they think they'll fall apart and they'll never recover. I have heard that so many times, women after women that I've coached, whether it's in, um, about marriage stuff in the Flying Free program, or a lot of the women in my own renew your mind coaching program, not necessarily in, um, some are married, some are not married, some have never been married, some are divorced.

It's, it's everybody there. But all of these women, regardless of their life situation, seem to have this idea. If I really let myself feel it, it's just gonna sweep me away like a rushing roaring river. And I, I'll have no control and I'll be a mess and everything will fall apart. Mm-hmm. And I would say that's not true.

Yes. I, I think the, the deepest, most painful emotion to go through, um. Depression is kind of like, um, an overwhelm of emotions, I think. But like, when you're just feeling one pure emotion that's really feels like it could just swallow you into the earth, it's grief. That's my opinion. And people who are going, I just coached someone yesterday on this.

She had grief who lost, she lost a spouse, and now she has a parent whose health is failing. And it, it's like, she's just afraid of the more grief because it feels like it's just gonna swallow you up. But the thing is, it doesn't, you don't actually, it feels very hard to, to go into painful emotions. It can feel like.

A load in a way because your, your body, what physically happens when you feel emotions is can be a lot. It can totally wear you out, your circulatory systems, engage your hormonal systems, engage your nervous systems engaged, your gut gets engaged, digestion and every like, it's a full body experience Yeah.

To go through a lot of these emotions and so it makes sense that we would think that's gonna be so hard to recover from or it's really gonna take me away. But if we look back in our lives, listen, how old are you person who's listening? I know I'm 53. How many times have I gone through big emotions? A lot.

How often have I never recovered? Zero. I've always recovered.

**Natalie:** Yes.

**Diana:** So I mean, that, that's what I would say I would, uh, there's so many things in the coaching space that you can get help to process emotions. Of course you can get a counselor, you can get a coach, you can take courses on processing emotions.

There's a lot of that stuff in Flying Higher. I work with women on that in my program and, and so you can get practical tools. I love walking people through. I'll give you one example. 'cause you mentioned tools. One example I learned from another coach. I had a coach who walked me through this during my, I hired her as a business coach, and then she ended up helping me process emotions.

And she would say, okay, here's what we're gonna do. I want you to close your eyes so you can do this for yourself, and I'm gonna teach it very short. And then you just gotta try it on your own. But it can be a, it's a longer experience when you do it yourself. So let's say I'm feeling, let's say it's grief, and I'm like, just so much.

Okay. Close your eyes, take a few deep breaths. What are you feeling in your body right now? And for me, I'd say grief. You know, even just talking about it and thinking about it, I feel the chest tightness coming on. It's like my brain queued in, oh, we're doing grief now. Okay. My chest is really tight and shouldn't She'd ask me creative questions like.



Um, does it feel like if you could touch inside of you where that emotion is, would it be squishy or would it be hard? Would it be spiky? Is it rough? Tell me more about that. And I'd say, well, it's kind of, you know, sand papery and it's hard like a rock and, okay, tell me more. What color is it? It's gray. And so she'd walk me through this, and you could do this on your own.

If you just, you're basically like, what am I feeling in my body? Where is it? What words could I use to describe it if it was a physical object? And as you go through that process, what happens? I've looked this up, like what does this mean in the psychological world? And the best way I've heard it described is it's um, it's like allowing you to experience the emotion in your body while letting go of the story and the ruminating thoughts that were creating that emotion.

And so because your moment, you're so into what's happening in my body that you get to disconnect from the stories in your brain for a little bit. It actually just lets your nervous system, your digestive system, your circulatory system, your hormonal system, do what it does to process that emotion and you keep breathing through it.

When you come out of it, you've actually physically processed some of the emotion and, and, uh, you get some release. Now, if you're going through a lot in life, you might need to do that over and over, and also it might feel hard to do on your own if it feels hard to do on your own. Get a coach like me or Natalie, you know, come and join Flying Free and we'll help you through it and learn how to do it and get some practice.

But you always come out the other side. You always survive it. God made us so resilient. Those the way our emotions get processed, he created that. We can lean into it and not be afraid of it. We can all, like, I love pain. I'm the buffalo running into the storm and it, and when we partner with it, it doesn't last as long and we can get through it faster, which I'm all for.

I mean, sometimes, sometimes it doesn't feel like it's faster, but you know, the more we partner with it, it really is faster and it doesn't feel so overwhelming.

**Natalie:** Yeah.

**Diana:** So

**Natalie:** I think that's, I think you, I think you said everything that sums it up. I think we're just gonna end it right there.

**Diana:** It's a good place to end it.

**Natalie:** Yeah. Yeah. Thank you so much for doing this with me, Diana. It was fun to have another conversation with you if you, those of you who are listening, if you wanna follow Diana, she's got a great podcast, like I mentioned earlier, called Renew. Your mind podcast, you can find it on your, this very app that whatever app you're listening to right now, you can find it on your favorite app, podcast app, and, um, get on her mailing list.

She's got, uh, do you usually put your, a link to your mailing list also in your podcast? I'm sure you do. Well, yes.

**Diana:** It's RYM podcast.com has multiple resources for people and yeah. Okay.

**Natalie:** Yeah, so get all of the good things that Diana has to offer for sure. My mailing list, again, you can hop on it by going to [flyingfreenow.com](http://flyingfreenow.com) dot com and if you want to learn more about my program for divorced Christian women, you can go to join [Flying hire.com](http://Flyinghire.com) and learn more about how to join Diana and I and a few hundred other Christian divorced women over there.

**Diana:** I highly recommend it. It's a wonderful place, A healing place, a growing place. You definitely wanna check it out.

**Natalie:** Alright, until we got one more, one more, uh, episode before this season is over and then we are gonna take a little break. For a few weeks and then we'll be back with season two. More about that next week.

But, um, one more episode. We'll see you next week, and until then, fly higher.