

The Divorced Christian Woman Podcast with Natalie Hoffman, Episode 2 - Learning To Live Alone (And Not Feel Like You're Dying)

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: Welcome to the divorced Christian Women Podcast, where we believe divorce isn't the end of your story. It's the start of your best life. This is your cozy corner of the internet where we trade shame for laughter, confusion for clarity, and leggings for, well, let's be honest, we're still wearing the leggings here.

We talk about rebuilding a life that fits you. Not the version of you who played small or lost hope in her dreams, but the one who's learning to take up space, trust herself, and maybe even flirt a little at the grocery store. We're talking faith that frees friendships that feel safe and futures that aren't defined by anyone else's expectations.

So grab your coffee or your cocktail. You are not too much, you are not too late. You are right on time. So two of the Christian Divorce Woman Podcast. This season is called the First 365 days after divorce, and today I have with me Grace, Wendy and Miley all divorced Christian women. Here in episode two, we are gonna be talking about learning how to live alone.

So ladies, let's start with the moments when we are all alone in an empty house. Maybe the kids are all at dad's for the first time. That's the custody arrangement. Maybe they're at a college dorm. Maybe you're already an empty nester, but now Papa Bird has also flown the nest and you are alone sometimes for the first time in your life.

How was that first experience for you? Can you think about maybe the hardest part for you, or do you remember what was going through your head? Or even,

was there a particular routine or tradition or practice that became a lifeline for you during those early days?

Wendy: I had a, a sweet friend who allowed me to move in with her.

I, I moved out. I hadn't told my, uh, then husband, I was gonna do that. And, but she had told me ahead of time I could move in with her. She was outta town. Yeah, I, I, she, so I was there at her house alone and, um, so there was a lot of fear initially. I mean, I still, yeah, there was a lot of fear and I didn't know what he was gonna do, and there was a lot of fear for the future.

There was also, um, you know, and sadness, but also, um. A lot of peace at the same time. So it was, I mean, a lot of peace. As soon as I walked into her house, there was just an overwhelming sense of peace and calm and quiet. And that was just amazing and I, I hadn't remembered the last time I felt that, so there was that as well.

But yeah, one of the things that really, really helped me being there was she had a house with a back porch and a pond right there and there's lots of wildlife and everything back there. And I would just go back there and sit. Quietly and just look at the pond and watch the birds. And that helped me hugely.

And one thing,

Natalie: there's something about being in nature that is very healing. Yes. To our nervous system. Yeah. And what, how can you put a price on peace? Exactly.

Wendy: Yeah. Well worth it.

Natalie: Yeah. Miley, did you wanna share about your piece, uh, yes. Piece that you had really in spite of, in spite of being afraid as well?

Maile: Yes. I did have fear of, of my, my ex's behavior when I was first separated, and also I was just afraid of living in a new neighborhood that was really. Not comfortable for me, but what helped were one, I, I got these blackout curtains and when I didn't feel safe, especially at night, I would close them. And for some reason that for me, just I.

Gave me some comfort. I also got a front and back camera. I'd never had cameras before, but now you can get them so cheap. And so I had cameras that if I heard the word noises, I could check. Um, and see what was going on. And

then also I got some really good earbuds and at night I would listen to like a sleep app, like Calm or some kind of audiobook or lots and lots of podcasts and coaching.

I would listen to many replays because that was my lifeline. That was like day for me. So those were some things that helped, but. One thing was also beautiful, bougie hotel sheets. For some reason, being comfortable in my bed physically just brought me a lot of calmness.

Natalie: That's neat. Well, that just, that's like a way of taking care of yourself too, in a special way.

And it, it, it communicates to your inner self that I've got you, I'm gonna take care of you. You deserve this. You're worthy. Something special like this. Yeah, that's great. Thank you for sharing that. What about everyday activities that you used to do with other people? Like, you know, eating or maybe tucking kids into bed?

I remember the last night that my second husband slept in the same bed with me. He was gonna be leaving the next day, and I knew that this was it, and it was surreal. And then when I did go to bed for the first time without him, I had this mixture of deep sadness as well as some relief. 'cause I could cry out loud now.

I could listen to a podcast without putting earbuds in. It was such a mixture of emotions and it took some time just to get used to it and make a new normal. Right. One of the things that helped me was, um, similar to Miley. Was just making my room my own. 'cause we had shared this room, so I took down all of the things that were about our relationship, like a wedding picture and some other things that were, that were about our relationship together.

And I also bought a new bed covering, and then I kind of rearranged some of, not I, I left the bed where it was, but I rearranged some of the other furniture so that it looks different. Just to signify to my nervous system that now it was my own space and I could live in it freely and while I was emotionally healing from, from this big, huge, it's a huge change in your life.

So what about the rest of you? How did you deal with things like. Maybe eating alone or cooking for one or sleeping alone.

Grace: Hi Natalie, this is Grace. Yeah. Um, thank you for asking us these questions. 'cause, 'cause it makes me look back. Um, and, um, just contemplate on, you know, the last couple years my divorce, uh, got finalized.

I. Uh, a little about a month, shy of two years. So, yeah, like, uh, Wendy and Miley, I remember that the first few months especially, I had a lot of fear and my heart was just beating really, really fast. I, I, I, and I can't seem to calm it down. It was just like the whole time. And I didn't even realize it could beat that fast for that many days in a row, you know?

But Wow. Uh, but um, now looking back, I just think, okay, what was it that helped me? You know, 'cause, um. 'cause I never have even thought about, paused about, you know, that question. And then I realized, you know, honestly I haven't been lonely since I, since my divorce got finalized. And it kind of surprised me when I thought back on it because when I was married I was very lonely.

Uh, I mean, I felt so alone even though somebody, somebody else was in the room. Uh, and it was just actually very uncomfortable. Um, so I. So then I thought back, why haven't I really felt lonely? And so then I thought back, you know, what I've done the last, uh, couple years is really immersed myself during the day, which is learning.

Um, you know, I'm either always listening to the Flying Free podcast or, uh, listening to a book on Audible that, you know, helps with, you know, healing, um, from emotional abuse and just for mental health, uh, or watching some. You know, videos online that's, you know, really helpful. Like Diane Berg's, um, videos on, uh, complex P-T-S-D-I, I was just immersed in learning.

And then, um, I also met with several, I. Best friends, you know, like one-on-one. Um, you know, and, and really kind of, you know, shared a lot of the things I'm learning with them. So I think it really, really helped me to be able to, to share things and, and their encouragement really helped me a lot. So, because, um, I was learning a lot during the day.

I, I was grieving a lot also, also because every time I discovered something, and it wasn't just discovering something about my, my marriage, but also my growing up, my childhood, you know, just realizing what really was happening. Uh, you know, so there was a lot of, like, I went through the stages of grief during the day, you know, the disbelief, the, the anger, and then the, um, sadness, deep sadness, lot of, lot of grief.

And I just let myself go there, you know, like. I didn't necessarily physically cry, you know, 'cause 'cause I could be listening to something while I'm driving or I'm weeding or I'm cleaning the house. I was just plugged in the whole day. So that when you got to the evening, my, I feel like just my soul is full.

Um, my soul is full and my soul is at rest. So I pretty much just, just fall asleep. Um, anyway, so, I mean. The, the great thing is that in the beginning, you know, I, I feel like this last couple years is like a long sunrise, a gradual sunli sunrise. You know how the, in the beginning of a sunrise, there's a lot more darkness and, but just very little light, you know, coming up from the horizon.

But then lately it's more, more light than sadness. So I, I, I, I don't have as much sadness anymore. It hits me once in a while here and there, you know, 'cause I'm continuing to listen, you know, there's a lot other. Podcasts I listen to as well, that are really, really helpful. Uh, and I continue to do the lessons, um, that we do, you know, in Flying higher.

Um, so, so, um, I, I still, and I let myself go there. I let myself grieve during the day, and so, so, you know, like I said, at night, I'm just at rest, you know, so, so I think to me the, the most helpful thing is just be open to learning things and, um, just let yourself grieve, you know? Um, I. And I think that through all that learning, my thoughts have changed also.

You know, I, I think in the past I thought that, um, happiness or joy is dependent on external things, like, on having someone to keep me company. Now I, I've learned, you know, through the Flying Free program and other books and, and, uh, studies that I've been doing, that I can enjoy my own company and I can enjoy being with God.

You know, so, so yeah. So I actually honestly can say I enjoy being by myself. Now. I don't have to worry about, uh, 'cause you know, my ex was a very light sleeper and, um, and he went to bed earlier than me. And so I, I always have to worry about stubbing my toe, trying to find my place. And I, he's. He also is very sensitive to movement.

So if I ever moved a little bit, he gets really upset that I just woke him up. So I gotten used to like, just sleeping really still at the edge of the bed. And actually I've just very recently realized I'm still doing that. I mean, I need to, I can move now, you know? I'm so, so, it's like a, like I said, it's a slow, a gradual awakening, a gradual sunrise for me as I realize things.

So I'm, I'm learning to, Hey, I can actually scoot over closer to the middle of the bed. But

Natalie: anyway. I hope that helps someone. Oh my gosh, that was so beautiful. I loved the, I loved the idea of it being like a sunrise. And also the cool thing about what you shared is that, you know, we can go to really dark places in our minds after something as traumatic as a divorce.

And yet you were, you were allowing yourself to grieve while simultaneously. Putting other, you know, good, healthy, nourishing things into your brain, like feeding your, like we feed our body healthy foods and we start getting healthier. Putting healthy things into your mind that your mind could chew on and think about instead of just spiraling out, you know how we loop.

I mean, you guys probably all remember when you were married, you, we would loop on the same things over trying to our brain, we trying to solve this problem. After you get divorced, it can do the same thing. Like, how do we solve this problem? How do we get here? What did we do? How can we prevent this? You know, and we can loop on that and go to dark places.

But I, I can relate to so much of what, of what you shared, grace, um, like almost everything that you shared. That's kind of how I coped too. So I'm glad that you said it because it offers people, um, some ideas of how they can, especially if they are in a dark place, how they can get their minds thinking about other things.

Okay. How about, what about this question? What helped, um, you build emotional self-trust during that first year? I mean, grace, you shared some things, uh, but it's also, I just wanna draw attention to the fact that like, you're still, you're two years out, right? Is that what you said? Two years out? Yeah. So two will be two years next month.

Yeah. And you're still just now going, I can move around in my bed. I don't have to like, curl up in the corner of my bed and not move. So, um, like do you feel all of you, do you feel like you are your own leader now or do you still struggle with self-leadership? We talk about self-leadership and Flying higher, um, in different areas.

Do, what are some lies that you might believe about yourself because, or maybe you believed, maybe you could share like a, a lie that you believed about yourself back then when you first got divorced, and then what truths have you

discovered about yourself because you have now survived and lived through being alone.

Does anyone have anything to share along those lines? I do. Okay. One, one thing

Wendy: I remember when I first was living on my own. And I was, I was like, who's gonna tell me when I get dressed, who's gonna tell me that I'm dressed right or wrong? Oh, wow. Yeah. Yeah. Or who's gonna tell me my hair looks bad or good?

I, I realized that later. I was like, oh my word. I can't believe I really believed that. So it was so a part of my programming, my thinking that, yeah. And then at one point I was like, wait a second, I'm a grownup person. I can decide exactly. And now I don't, I I, I also thank you for these questions because it's.

It's stuff. Um, I haven't thought through, you know, in a while or even maybe I haven't thought through how to communicate it, you know, and then I was like, I forgot that I felt that way now. Um, and um, so yeah, now I really enjoy, I can just wear what I want and I say it pretty regularly to myself. I open the closet and I'm.

Natalie: I can put on whenever I want. Yes. It's, it's, it's, it's like such a simple thing, but it feels like such a victory. Yeah. Yeah. Another thing too, I wanna say, so that listeners know there these questions, 'cause two of you now have said, oh, these questions have been good for me to think through. We are going to put some questions, uh, like some journaling questions in each episode of the Divorce Christian Women Podcast in the show notes, so that if you want to keep a your own journal.

Those of you who are listening, grab your, you know, a pretty journal that you love and it can be your journal where you process through some of the things that we're talking about in this podcast. We'll give you some questions to ask yourself and it'll help you. It just, it just helps to jog your, it helps your brain to open up and think about things in a different way, and also to see how far you've come.

'cause I think it's really important to celebrate. We can, uh, sometimes feel stuck and if you, but if you look back, you can go, Hey, I think any woman who is able to walk through a divorce is pretty badass. So I think it's important to look back and go look at the amazing thi decisions that I made and the things that I went through to get here, the fight that I went through to get here.

And let's celebrate that. Um, anyone else wanna share anything as far as self-trust?

Grace: Um, yeah, I wanna say thank you for, um, sh you know, sharing with us that it's okay to be kind to ourselves, you know, and I'm also learning from another PO podcast that, you know, I, I need to have self-compassion. I think. So I think one lie, maybe I believe before is if I just let myself go, that I might just go off the deep end, you know, that, that if I don't beat myself up.

Over mistakes. I might just keep doing those things. Yeah. You know that, that if I give myself freedom that I would just, you know, totally go off the wrong way. But what I'm actually learning is the more I. Give myself space. The more I give myself compassion and understanding, then I, I actually want to do what's, what's right, you know?

Uh, and so, and then maybe another fear is also, uh, just financial fears. You know, I had a lot of worry that I will not be able to support myself or, okay, what if, what happens if I get sick and then I can't, uh, continue my job? So what happens then? You know, that, those kinds of things. But so far, um. You know, I mean, those things could still happen, but, but I'm learning, you know, kind of like we learned in that book study.

Everything is figureoutable. Um, you know, the last couple years I've learned, oh yeah, I, I've learned to be creative with certain things, um, financially and the Lord has been providing, you know, um, one surprise I have is that because now I don't beat myself up so much. In my own mind that I really, uh, speak up for myself more.

And, um, as a result, and also I, I believe it's also God's blessing. I've been promoted a few times since my divorce, and so that's helped. But a lot of that too is advocating for yourself. But if you don't believe in yourself and you just kind of like, don't put value on yourself, you cannot really advocate for yourself.

Natalie: Yeah. So

Grace: that, that's one, one, uh, thing I've learned to, to trust myself on is that I can think, figure things out and I can speak for myself and try to, uh, work out how to get what I need.

Maile: Yeah. Beautiful. Okay. So building trust with myself when I was newly separated and on my way towards divorce looked like one.

Learning to think differently and allowing myself to think differently. Um, being in a support group that helped me with my thought management was really helpful. Um, I learned about CBT model and that was just really helpful with journaling and getting my thoughts out and look, not so much at my ex, but to look more at myself.

And I had to do that intentionally. It helped me to manage thoughts, lies that I believed that maybe I can't do this on my own. I was afraid I would go back, but I was afraid to go back. So I didn't wanna miss out in case he changed and I was gonna be awesome and I would've missed the boat. So having a support group really helped.

That helped me build a lot of trust with myself. I could do the work emotionally on my own. And then also I would say it also looked like learning to set up new behaviors and habits. And I would test them out and feel okay. And that sounds kind of strange, but what I mean is like I would just put all three and be okay with it.

'cause I felt like I just need to really rest tonight and. The world didn't end. It was okay. I didn't have any criticism from anybody, and I'm a big girl. I can pick it up and do it the next day. It was not a big deal. So I really learned to have grace with myself and not even be ashamed of, you know what?

This is what I need right now. I need to just watch a movie by myself and laugh. Yes, yes.

That is a little thing, but it was a huge thing because it really changed help a lot of my thinking. I became less judgmental of myself, less judgmental others, and I started to really be more aware of what I needed. And one of the things that I needed sometimes on a Friday night after I was very tired from teaching all week, uh, if my son wasn't home and it was just me, I just needed to eat cereal for dinner and go to bed.

And be okay with it and felt so refreshed the next morning. So building trust with myself was a lot for me, and it still is about learning about what I need and being okay with it.

Natalie: Yeah, yeah. Well, I can just say that since I, I've known you for a few years and you're self confide has just like skyrocketed.

From what I've observed, so it's shows on the outside too. That's something I've seen just watching you blossom over the last couple of years, so it's been great.

She is talking about too, if anyone is listening and wondering what some of these women are referring to, I have a program called Flying Free.

It's for Christian women who are still in the middle of dealing with a dysfunctional marriage. Some of them are in the process of getting divorced. Some of them aren't. Some of them are still staying and trying to stay well. Some of them are in the process of getting divorced. All of these women here have gone through that.

And then I have a program called Flying Higher that kind of helps divorce Christian women then continue their self-development journey post-divorce. So if anyone is interested in learning more, you can go to Join Flying Free to learn more about Flying Free and join Flying Higher. To learn more about Flying higher.

Hey there. If you are a Christian woman who's walked through the pain of divorce and now stands at the crossroads of what's next, you're not alone. Maybe you're feeling lost, questioning your worth, or wondering if joy is still possible, let me assure you it is. I'm Natalie Hoffman and I created Flying Hire, a mentorship and support community designed specifically for Christian women like you.

Women who are ready to rebuild, rediscover themselves and go beyond mere survival to living the life God intended for you. Inside Flying higher, you'll find an extensive vault of transformative courses to guide your healing journey. Weekly live group coaching sessions and classes for personalized support.

A private, compassionate community of women who truly understand. And optional book studies and Bible discussions to deepen your faith and your growth. It's time to move beyond survival. It's time for you to thrive. Learn more at joinflyinghire.com and take the next step toward your empowered future.

Okay. Let's talk next about how you reclaimed your physical space and made it your own. I kind of mentioned my bedroom, but how did you make your living space? Feel safe to you or comforting or yours? Again, I, I really thought about, and I still think

Maile: about the senses. Um, for example, listening, reclaiming my space was listening to different music than I used to listen to, oh, my aunt, and in that environment.

So I just kind of stayed away from our old playlists and started to make my own and started to figure out what I liked. Even scents. I had candles that had eucalyptus scent and I, for me, I love that. But you know, in my marriage home, it was hated and frowned upon to have anything kind of earthy smelling.

So just going with the scents and the sounds and I would, uh, just try new foods. I would arrange furniture differently. Um. All of those things that just kind of helped nourish my senses. For me, that was really important and it still is. Yeah,

Natalie: that's beautiful. You are becoming who you are that you couldn't, you couldn't blossom into that person when you were in a relationship with someone who wasn't allowing you to, you know, to come out of that bud.

Alright. That, that was beautiful. Okay. So what are some new hobbies or fun or special things that you do now that you weren't able to, or maybe you just chose not to do before, or, um, maybe you could share an unexpected joy that you have found in living solo. Well, I, I'm an artist

Wendy: so. Yeah, I mean, I've really done art all along.

It's been a wonderful coping mechanism. I didn't realize how much it was for me even when I was still married, but more and more I'm realizing like I was just able to buy my own place here, um, last September. And so now, and I have two bedrooms, and this one is my office slash studio. I have a studio.

Natalie: Nice.

You're an artist with a studio. Ow. That's amazing.

Wendy: So yeah, I'm making it, I mean, I'm still working on getting moved in. Grace and I were talking about this before we started, but I'm still working on it. But it, it's, um, so beautiful and freeing to have my own space and I don't have to worry about, um.

Splashing pain around, to be honest. Having my place and not trying to be careful and you know what I mean? So for me, as a creative and I have creative chaos I call it, that happens when I start making things and stuff goes everywhere. Um, I can just do that. I still have to remind myself. It's so amazing.

It's so amazing. And I just wanna say quickly too. I was in Flying Free starting 2020, and I've been in, I was in Flying Free. I joined Flying higher as soon as I

could, and I've still been in, and everything in that is what's getting me to where I am. Listening to everything and learning and reading and just having the support.

I hadn't said that yet, but that's what's getting me in where I am literally and physically and mentally. I. Spiritually, so thank you.

Natalie: Yeah, that's wonderful to hear. What about the, what about the rest of you? Any fun things that you do now that you didn't do before or unexpected joys?

Grace: Well, I think for me it's just, uh, um, I didn't expect hurrying.

It felt like I'm, I knew I was going to be free legally, right. Of. The marriage, but I didn't realize that the more I learned about the truth of what God actually says about me or about divorce, how freeing that is, you know, um, I'm. Really, every time I learned some new nugget of truth, it's just like, wow. I didn't realize I was even in bondage.

I thought I was free, you know? Um, but I wasn't. Um, I, I didn't realize that the box that, that we, we had lived under, uh, based on, uh, human, human interpretations of what God says or exaggeration of what, what God really said. So to me, that's been a surprise. Um, and also just. The freedom to, to listen to myself, to hear and see myself and that it's okay.

Kind of like, you know, mighty was saying. So it's really the little things, you know, uh, I, I like to walk in nature. There is a walking trail in our neighborhood. I enjoy that. But that's, but one thing I'm learning is that for a long time I've been kind of like sleepwalking really. And then I go walking, but I'm not really, um, in tune with myself, I suppose.

So one thing I'm learning is as I'm walking, hey, feel the breeze. Listen to the sounds, be present. I guess that's something I'm learning is being present and being conscious of, you know, I'm, I'm learning a lot of mindfulness stuff, like being conscious of how your, you know, each part of your, your body feels as you're walking.

So as I'm doing things, I'm becoming more sensitive to myself. That's kind of like, you know, the, the thing with the bed thing, it's like it's taking me so long to even realize that I'm tense. You know? I mean, yeah. Almost two years, almost two years later, I'm still, I really, even last time I'm like, oh, why am I on the edge of the bed?

I don't need to be, this is a big queen size bed. I can move over. Um, and for a while, for example, I had this tendonitis on my elbow and. It took me a while to realize this because when I'm asleep, my arm is like this the whole time. My hand is like this the whole time and it's super tense and I don't know why.

So I dunno why I did that. But over a period of time, learning to relax my body, you know, I, I do listen to some mindfulness videos that those are new ho um, habits. I don't know if you call 'em hobbies, but they're habits that I've started, um, doing in January and it's just, um, guiding me through like tensing muscle relaxing, like from top to bottom.

So it's making me realize those things. Things. So, so, um, so the tendonitis went away after a few months of like, oh my goodness, all this stuff been in pain. I didn't even know why. I was just tense for no reason. And I just, um, you know, it's like your body, you've been so used to being tense. Yeah. You know, in that environment for so long that sometimes it takes time to be in tune to your body and go.

Oh yeah. I gotta listen to my body and say, why am my tense?

Natalie: I don't need to be tenses anymore. Yep. I've, I've experienced that too. I just recently had a rash all over my face and, and tried. I, I didn't know what it was coming from. I hadn't been using any new products. Um, but I also went through this stressful divorce.

It was a really fast divorce, but it was very high stress in the moment. 'cause it was sudden. And I started suspecting that after two months of this rash, I started suspecting that maybe it was a stress rash, and I, so I started, I didn't even go to get my cortisol levels tested. I knew I, I knew I, I had high cortisol and I started eating di I started eating differently.

High protein. Um, high fiber. I start, I just started focusing on and then slowing everything down in my life. And it took a couple of weeks and I didn't expect my rash to go away. I was just hoping, in fact, I even made a dermatology appointment 'cause I'm like, I should probably go in and get this checked.

And by the time the dermatology appointment came around, the rash was completely gone. That's after two months of trying everything, you know, topical steroids, um, different, you know, I tried different things to get rid of it, uh, antihistamines. 'cause you know, maybe it's an allergy, right? It was stress. So I feel a million times better in my body, but also the rash went away.

Um. They did have to, I dunno if you can see, they did have to burn off a, they did find a pre-cancerous thing on my face, so it's a good thing I set that, that I set up that dermatology appointment. But, um, but the, the rash was totally stressed. So I think our bodies do, they manifest stress in, in different ways and, and it's amazing the things, the ways that we can heal ourselves just by eliminating, eliminating stress in our lives or addressing it.

Grace: So, yeah, and, and just being, I'm sorry. No, and just being conscious and just being conscious of how it's affecting you. 'cause I think for a long time we've operated in this deny yourself. That's what we're supposed to do while we were married, that we, you know, applied it really in all areas of our lives.

Even not listening to our bodies. You know, like, like I said, I feel like I was sleepwalking a while back 'cause I, I was not conscious. So just learning to be present to yourself and, and, and, 'cause that's the number first thing you have to do is to sensor how you're feeding in order to take care of yourself.

But yeah, from what I'm learning though, learning that that's okay. That's not selfish because I, I'm actually a better parent. I'm actually a better friend when I do take care of myself.

Natalie: Yeah. I think the, the, the message that I'm hearing loud and clear in this episode is that when you are alone, you do have this beautiful opportunity now to refocus.

'cause when we, I think when we were all married, our focus was always on this other person and managing the relationship and managing their emotions and managing their lives. And now we're all, all of a sudden we're alone. And now we're able to look at and notice, gosh, my arm, I'm sleeping funny with my arm.

Oh my gosh, I'm feeling tense. I'm curled up in a corner of my bed. I'm, we start noticing those things and becoming self-aware of them, and our focus can be on, on healing those areas of our life. So yes, we're alone. And also we can tend to this flower, this little, this beautiful flower of ourselves that's growing in this garden.

It needs some love and care and attention. It's not going to grow and blossom if it doesn't have sunshine and water and atten and get weeded and, and have attention. And we haven't really given it that much of attention. We, I think all of us kind of noticed, gosh, I really haven't given this flower attention.

And you're right, it's not selfish, it's actually necessary. So, alright, let's, if you could tell your day one self something about the journey ahead. What would it be and all, and take some time to think about it if you need to, but I'd love to hear from all of you what you'd tell your day one self, uh, about something about the journey ahead.

I would tell my day one

Maile: self that you are gonna be okay. There's gonna be joy and blessings along the way. Yeah. Even in the midst of grieving and. There is this thing called the ampersand, and it's that Ann symbol, and that is something that girls remember because even amidst of maybe grieving the marriage, that didn't work out.

There's joy in the restored relationship with the kids because that was something that was broken before. So even though the. There is struggle with the finances. Maybe now there's more joy in my job. In your job Because I could focus at work. Oh. And I wasn't so stressed about things at home. So I think I would tell my day one self that you're gonna be okay.

That you'll be more than Okay. And that getting a group of supportive people around you. Um. Is important in all seasons and God has something special in every single season, no matter how hard.

Wendy: I love that. Thank you, Miley. I would say I, you know, I know it's hard to believe right now, but also I would say you're gonna be okay.

Um, even though it is also going to be hard.

Fighting with one or both hands tied behind your back for ears, and now you're gonna have both your hands to do what you need to do. And even if you make a mistake, it's okay because you can say, oopsie, I made a mistake and I'm gonna, and I'm gonna take care of it. And uh, that's one of the biggest things I.

Yeah. And to it's okay to explore and learn new things. In fact, it's very important, very important. Learn some new things. If you don't like something you learn, you don't have to adopt that thing, you know? But then you'll learn other things. That'll be very, very helpful. It's just so wonderful to now be able to freely explore and learn and grow.

Natalie: Yeah. Yeah. Thank you, Wendy.

Grace: Wendy, I love the illustration of the two hands. That's great. And also just giving yourself the freedom to, to try things and, and be okay. You know, with the, you know, if you just, you, you make a mistake because you, you learn from it. You could pivot. I love that. Um, yeah, I thought about this a lot, uh, when, when I read the question and, um, I would tell my first days self to not be afraid.

Uh, fear not. That, you know, you think you, you just did something that is gonna turn your life upside down, but really you're gonna realize your life was upside down and you're just about to be right side up. I've just thought about this a lot. I even shared with my son, look, I felt like everything I thought of is actually the opposite.

Um, you know, like, um, you think you did the ultimate sin. You know, filing for divorce and you feel like, oh, maybe God's gonna punish me, but instead, you know, I, I'm discovering more about the truth of his mercy, that I'm approved the way I am, you know, kind of like we're learning in our Bible study. We are presented the presentable to him the way we are, because that is the point of his mercy.

That is the point of him dying for us. That's the point of grace, is that, you know, we're okay. So I mean. You know, just if you're open to God's truth, you'll realize actually that, that it's gonna be so freeing. You didn't even realize that on the abundant life that Jesus promised is possible here on Earth.

It's not just, you know, after, after you pass away. 'cause you think you're free, free now, but you're actually so much more freedom when you discover God's truth. Um, and um, also. You know, like one of the things I thought, or one of the things, one of the reasons I didn't file for divorce for so long. Um, I was married for 28 and a half years, um, before I even filed for divorce.

So I thought it would harm my kids. You know, I heard that so much. So I was afraid that I would harm my kids, but I'm amazed in the last couple years how much healing and how much healthier that me and my kids are. In fact, our relationship has improved because I've also learned to give them space to be themselves and also, you know, give myself space as a mom.

Um, so anyway, I just wanna tell you that, you know, you think you're, you're going off the deep end, but it's actually you were falling and you're about to rise.

Natalie: Wow. Hi, that's a great way to end this episode. That is so awesome. We are gonna talk more about kids eventually, you know, in future episodes too, by the way.

But I just, before we go, I just wanna say, notice all the ways that these women have become who God created them to be. Wendy is blossomed with their art studio, Miley's blossoming by being able to just even have eucalyptus scent in her house that she enjoys, which by the way, I love as well. And Grace just being able to take up space in her own bed.

God wants us. As his children to be able to be who God created us to be. He wants us to be able to blossom and be those beautiful flowers. So I hope that those of you who are listening we're able to benefit from this conversation. If you want to work with me and hang out with these lovely ladies, we get together a couple times every week in the Flying Hire Program and we are doing the self-development work together, and you can go to join [Flying hire.com](https://flyinghire.com).

To learn more. Thanks so much for listening, and until next time, fly hire.