

# The Divorced Christian Woman Podcast with Natalie Hoffman, Season 2, Episode 11 - Your Relationship with Yourself: Learning to Like (and Love) Who You Are Again

**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 most important relationship you'll ever have is with yourself? In this episode, we're diving into how to reconnect with who you really are, what self-love actually looks like, and simple ways to start trusting your own voice. Again, if you've ever felt disconnected from yourself or unsure about how to care about the real you, this conversation will show you how to begin coming home to yourself.

Joining me today is Dr. Barb Alquist, Diana and Lisa, and we are all divorced Christian women, and we're gonna be talking today about your relationship with yourself, learning to like. Love who you are again. So let's start by talking about the wounds and the, and maybe the first steps that we need to take to do this important work inside of ourselves.

When you first came out of your marriage, ladies, what were some of the most damaging messages that you believed about who you were and how did you begin separating your true self from these lies that you'd been told in your marriage or your church? Or maybe these were things that you were, that were just embedded in you, even from your childhood.

**Diana:** Uh, this is Diana. I think I'll jump in and then turn it over to Lisa because I felt like I actually had to. Get through the damaging messages. Before I left, I just did a podcast interview on someone else's podcast, and she point

blank asked, why did you stay? Because I was telling her different stages of my marriage, why did you stay?

And it's because I had damaging messages that kept me. Staying that I had to get through in order to get out, I believed that I didn't deserve better. You know, we're all supposed to suffer. God calls us to suffer that. Um, and I didn't deserve better because what, I'm a broken person, like who am I to deserve anything better than what I'm getting here?

Um. I believed that marriage was the place to make me holy, not happy. I think that's exactly what it says in the sacred marriage. And I thought, oh, I'm supposed to suffer here. Uh, this is how I grow. I need to go through the wringer and God hates divorce. And so if I were to leave. Then I'm dishonoring him, and if I leave, all my efforts have been for nothing and I failed.

And if I leave, that means I'm not strong enough to persevere and hope, or I'm not believing in God's miracle. And so it was all this shame in these beliefs. So I, I may have said this before, but when I decided to leave, I thought I was out wrestling with God. I was going on these walks, these spring walks and listening to the Fine free podcast, like over and over and over, and butterfly stories and wrestling with God.

So I thought until one moment I thought I heard him say, or I had an epiphany or the Holy Spirit nudged me and I heard, uh, or I said. I'm not wrestling with you, God, am I? And he said, no. And I was like, oh, I am wrestling with me and all of these beliefs, and so I, I'm gonna release them. Like they're, they have to be scrubbed away and I've gotta rebuild.

So I did, I've done a lot is I'm just really short. I've done a lot to rebuild this. I've listened to podcasts and read books where theologians who are willing to really dig deep into the culture and the meaning of scripture and what these beliefs, uh, how the scripture really was meant. In its full context for the situation and who it was being delivered to and what was happening versus what we've contorted it to mean in our Christian culture today.

And so I've just done a deep dive into the truth of who God is, what he really wants for us, and I'm rebuilding all my beliefs from there.

**Natalie:** Hmm, that's good. Our, yeah, our identity is tied up with our creator, isn't it?

**Lisa:** Mm-hmm. Yes.

**Natalie:** Lisa, did you have any thoughts? Yeah, this

**Lisa:** is Lisa. Um, so I was raised in, in the church because I, um, am a, uh, missionary's daughter and a preacher's daughter.

So I was raised in, you know, uh, it was non-denominational, very similar to Baptist. And, um, uh, so anyways, when I decided. But I couldn't, uh, stay, uh, in my, uh, second marriage. I, I, I was a widow and then I, I got swept off my feet with a, a guy that went to that church that I had, you know, attended and grown up in.

Um, when I, uh, was going to leave the, the leadership, uh, told me that I, if I left, uh, because there, there was no, um. Uh, record of, or there was no proof that he was being unfaithful, that I would curse, uh, my children and my grandchildren to the fourth generation. So that, that scared me because I adore my children that five grandchildren now, and I just adore.

I mean, that's, you know, big part of my life. Um, and then the other lie that I believed. Uh, for, since I was a little girl, is I needed a man to cover me. I couldn't trust my emotions because I was a female and because Eden had sinned, first, quote unquote, then, you know, then I, you know, she blew it for every female from there on up.

And, and I needed a man, uh, to complete me and to cover me. 'cause I couldn't trust myself. So, um. I also had to do a lot of untangling detangling, uh, reconstruction. And, uh, Natalie, you know, you talk about programming and I, I had to, uh, look at my programming and um, uh, up until that point my programming had worked.

'cause I had been married before my husband died. And, you know, we raised our kids in church and we were leaders in the church and we taught and all that kind of thing. When this happened to me, uh, later on in life, um, you know, I was asked not to teach anymore. I was asked not to write for the, you know, devotions anymore.

And, and, uh, so it was, it was very, uh, difficult, uh, to say the least. Yeah. And, um, I, um, um, I'm so thankful though, uh, for this topic and what we're gonna talk about because that, one of the things that really, uh, hit me, 'cause I'm, I'm with Diane. I, I really. Believed that I was wrestling with God, but when I did decide to leave, um, all I, uh, all like Jesus showed up to me and it was just love.

I was covered in this unconditional love that I, I just didn't, I couldn't understand. I was waiting for him to, to punish me or zap me. And that is. Definitely not what the Lord has done since then. It's been eight years since I've been divorced, and I, I cannot tell you the, the growth and the miracles and the, the love and learning to love myself the way that God loves me, every single part of me.

Mm-hmm.

**Natalie:** Mm-hmm. And the impact that you've had on other people too, I can say that from the outside looking in, um, is amazing too. I mean, God took all of that and he's made some beautiful things for your life, but that. Ripples ha has a ripple effect on out.

**Lisa:** And I, I'm a walking miracle. I mean, you know, Satan tried to take me down, take me out and tried since I've been a little girl.

And once I woke up to who I was, uh, and whose I am, there's no stopping of me truly, you know, my power. I got my power that I, it's always there. I just didn't understand that I could love myself to get it back. Yes, with God help.

**Natalie:** Yes. That's so beautiful. So what, what do you think would be the first step towards reconnecting with yourself and how do practices like having self-compassion, that self-care that we were talking about, we're gonna talk about, you know, actually we mentioned it a couple episodes ago, how we tend to think that things like that are selfish.

How do practices though like that actually help that process of re reconnecting with ourselves?

**Barb:** I'll kind of jump in here. This is, um, Barb, and it kind of flows from that first question, right? Because having self-compassion is so important. If we think about it as we had those beliefs, and I struggled with this, um, as I got my undergraduate degree in Bible, right?

And I was so. Inundated in these beliefs and we had these beliefs, many of us, for years and years, and we, many of us heard these beliefs every Sunday morning, Sunday night, Wednesday, every day in our Bible studies, in the books we read. So we had this idea that we had to save the family and in saving the family.

We ideally were, if we let the family go, then the church went down because the cornerstone of the church is the family. And if the church goes down, the world goes to hell, uh, because that's our mission to save the world. So we have this on our shoulders and we get it day after day, week after week, month after month, year after year.

Decade after decade. So part of that self-compassion is realizing it is a journey. Yeah. You know, I've been divorced coming up. I'm not sure when this is gonna go live, but in October I will be 10 years divorced. It is still a journey. Um, yeah. And healing from these belief systems is a journey. And I think for all of us, it's understanding, having compassion for ourselves, for our kids, for our friends.

It is a journey and it's a lifelong journey. 'cause we have all this time before and now it's a journey moving forward as well. And compassion for ourselves as we do it. As many of us, we lost ourselves. We totally lost ourselves in many ways, which is a whole nother podcast, and it's a journey to find ourselves Again, it's a journey to find joy.

It's a journey to decide. What do we enjoy doing? What do we like to read? How do we wanna wear our hair? What do we wanna dress like? Like, and who do we wanna be in this world? How do we wanna show it for ourselves? And it's a journey and having compassion for ourselves because Diana, I like what you said, so much has been ingrained in us that it's hard and it's sacrificial instead of it's a journey and we can have self-compassion for ourselves.

In that journey.

**Natalie:** Yeah. I just wanna jump in here and say that Barb is an i a level three IFS certified practitioner. Did I say that right? Yeah, maybe I should. And, um, we, I wanna really spend the bulk of this episode talking about IFS, what it is. Um, but before, so we're gonna dive into that in just a minute.

But before we do that, let's. Let's just touch on this idea of self-love versus selfishness. What's the difference between those two things? Is there a difference between those two things? Especially for women who were taught that putting themselves last. Was the godly thing to do. And I think this is a cultural thing too.

I don't even think it's just a religious thing. I think culturally we are swimming in patriarchy overall, in general in the world. And then of course, religion adds just another extra layer of, and God puts his stamp of approval on this kind of

thinking, right? So, um, so a lot of us, we're all women here. We were brought up in that idea that if we put ourselves first, or if we make a decision that is protective of ourselves, and that leaves and it disappoints someone, especially a man that's not a very godly way to live your life.

So let's talk about that, the selfishness versus self-love.

**Diana:** Go ahead Lisa, and then

**Lisa:** I'll go after you. Okay. Yeah. Um, so I was, I was taught that it was selfish to put myself first, that it was a form of pride and God hates pride. I was groomed to meet a man's, um, needs and if I didn't honor and obey the male role models in my life, and, you know, like, uh, at home and in the church and in, uh, other businesses, I was a bad girl.

I learned early to hide my own needs and wants. Um, and I, and I. Uh, learned to, uh, perform for approval and acceptance. I performed for love and I, again, I really believe God was gonna punish me, like zap me the minute I screwed up. And, uh, I thought that um, this form of self-sacrifice, um, gave me proverbial gold stars in the kingdom of heaven, which we know is, is a load load of Bs.

'cause God opened my eyes. But when I first heard and read. S read about the, uh, concept of self love. Um, it shook me quite a bit and, and I believed it was from the devil, you know, from hell. And, um, but I was, I had nothing left. Like what I had been doing didn't work anymore. And so the still small voice inside of me, um, and inside my gut, it encouraged me to try it.

Um, so, so I did because I, I couldn't, I couldn't live with the pain anymore. I didn't wanna live anymore. Actually, I, I was, I was. I was shunned and, you know, discarded and, uh, after giving everything to everyone all the time. So when I started to, um, love myself the way that God says he loves me. Everything changed and I, I'm gonna tell a little story.

I went to Scotland for 30 days by myself. 'cause Holy Spirit invited me to, after I filed for divorce and I was on a train going to Edinburgh to see the Harry Potter stuff and all, you know, all just beautiful, beautiful city. And uh, it was early in the morning and these people got on the train and they were young kids and they've been out.

You could tell partying all night. And the one guy fell and he, he, he hurt his, his, uh, shin and it was bleeding. And I got up outta my seat. I'm a, I was a nurse for 23, 3 years, so I, I bandaged it, took care of him, did some first aid, and I sat

back down in my seat and I'll never forget it. Holy Spirit said, Lisa, why don't you love yourself the way, you just love that man.

Wow. And I had to put on sunglasses and cried the whole trip. And, um, so that was, that was a big awakening for me. And then when, when God says, um, you know, love your neighbor as yourself, I, I realized I didn't know how to love myself. I, you know, I, I just didn't, so that, um. That was, that was life changing for me, and that started that journey of, I, I'm gonna start loving me and, and putting myself first and it's not selfish.

So,

**Diana:** yeah, that's, yeah. So I'm just gonna do what I like to do. If you, uh, listen to the Renew Your Mind podcast, you're gonna hear me get out my dictionary a lot. I'm gonna get out my dictionary here today because I wanna talk to you really quickly about what is selfishness real quick. It's without Kit before I get out the dictionary.

It's elevating your needs above. Everything else and thinking that what I need matters most because I am more important than you. And if you don't believe me that that's what selfishness is. Here's what the dictionary web Miriam Webster dictionary says. Selfishness is when you're concerned excessively or exclusively with oneself seeking or concentration on one's own advantage.

Pleasure. Or wellbeing without regard for others. That is selfishness, my friend. And I bet you nobody listening to this podcast can say, oh yeah, that's me. I'm always concentrating on my own advantage above everyone else's, my pleasure first, and my wellbeing without any regard for other people. So you are not selfish.

End of story. Put that to rest and start loving yourself. Self-love is, I matter too. Taking care of me matters. My existence matters. I'm a person with worth just like other people. And we can still do that with humility. Humility is, I'm not more important than anyone else, but also. I am not less important than anyone else.

And Natalie, I love what you say all the time. Or you, maybe you, you say it the way you say it if I don't say it quite right, but God put, you tell people God put you in charge. So I'm gonna say, God put me, God put me in charge of one person and her name is Diana. That's who I'm in charge of. And you better believe I'm gonna love me and take good care of me because God made that my responsibility and I'm not gonna fail at that one anymore.



So there you go. I'm obviously very passionate about this and I hope that you all feel that passion and adopt this for yourselves.

**Natalie:** We can feel it. We really can. Okay, you guys, we're gonna get into IFS now, and I'm gonna flip a couple of the questions 'cause I think what we need to do before we talk about.

Our inner critic, which everyone's familiar with that concept, right? Everyone listening can probably has probably heard about that somewhere. Yes. We all have an inner critic. Well, we're gonna kind of put that into a context, but, but so, um, and I want Barb to kind of explain. This because she is the level three certified IFS practitioner and she could probably explain it better than any of us.

Can you explain in IFS stands for Internal Family Systems in the simplest terms possible for women who have never heard of this before and might, you know, I don't know what they might think about it when they first hear about it, but, and then how it connects to our healing from abuse or healing from our, you know, past.

Lives that we had before we got divorced.

**Barb:** Sure. I will try like simply put, we can be really simply and then a little more complicated. Yeah, yeah, yeah. Um, if FS stands for Internal Family System, which is evidence-based way of understanding our inner world or just what's happening inside of us, our thoughts and our feelings, and.

It's really simply, we can say we have these different parts within us, instead of just saying we have just this one solid part, but that we have these different parts. For instance, when an alarm goes off in the morning apart and it's Saturday morning, a part of us might say. I wanna get up and get this done and this done, and this done and this done.

And then another part says I am freaking exhausted and I'm gonna hit the snooze alarm. In fact, I'm really just gonna turn it off. So we have these two polarizing parts and they're both right there, both feelings. And a simple way that, uh, Natalie, I know you talk about this a lot, and same as a lot of other people that work in the IFS.

If all of our parts are on a bus, we often have. One part that is managing the bus, running the bus, driving the bus. And um, most of our lives are run by our managers. So we have these different parts and some of them are managers.



Those are the parts that keep our lives together and what they are managing is our everyday lives.

And in the back of the bus are usually the parts of us that are dealing with all that emotions that we don't want to show up. The parts that say not good enough, the shame and a lot of those parts have been frozen in time from when we were younger and when something happens that triggers those parts.

Some of the other parts on the bus that in if FS language, we call firefighters show up because goodness knows, we don't wanna feel those feelings. 'cause who wants to feel those? So some, depending on how you act, some people yell, some people drink, some people read, some people scroll. All of those behaviors can be what begins to drive the bus.

And so we all have these parts that drive our bus and we have, everyone has a self. That is our center. I call it our wise self. Some people call it our spiritual center. And I think everybody gets to decide for themselves how they wanna look at it. Um, Jenna Ram MEMA calls it the God image in her book. Um, altogether you.

And that is the part of us that we all have that's undamaged. And it is the part of us that shows up with calm compassion. It's when we can show up with clarity and confidence and that is the part of us that is always there and not damaged. And so IFS goal. Is that there is self-leadership, there is this self that is gonna lead our parts.

And so let's say something happens. I'll give an example. Um, holidays are coming up. Everybody is at Thanksgiving or Christmas. And if you have kids, let's say you are there at the table, aunts and uncles, and your kids are there. And one of your kids, if it's a young kid, maybe they start throwing a fit.

Maybe if it's an older kid, they start cussing or they just say, no, I don't want to eat. Or maybe they just stay on their phone and they won't put their phone down. And you who can normally manage your emotions well, all of a sudden a part of you is really triggered because you're like. Oh no. I am feeling like I'm not a good enough parent.

I am feeling like if I really was a good enough parent, I could control my kid or my kids would behaving better. So those parts in the back of the bus, I'm not good enough. I can't do this. This shame start to be activated. And so if firefighters show up. Now if you're a yeller, you might yell at your kids if you, you might speak quietly, but you might shame them.

But one of your firefighters gonna show up to try to control your kid. Yeah. And it happens, right? You show up, that firefighter shows up. It controls the kid and then there's a calm, your managers come back and you're like, okay, until a little bit later. And then you're like, oh my gosh, why did I shame my kid?

And then you start bullying yourself inside. So another part shows up and starts being like, what kind of mother am I? Why would I do that in front of my kids? So we are all having these inner dialogues in our mind all the time. Mm-hmm. And those are the different parts. All these inner dialogues and IFS is a lens that we can say, let's work with those different parts and help them bring healing and so that they can, once there's healing.

Unburdening, we can have more balance and harmony in the system.

**Diana:** Yes. And

**Barb:** real quick, 'cause I know that wasn't as quick as we wanted it to be. Um, you're good. How this relates is to our healing as women that have been through divorce, we lose ourselves. We have lost ourselves in our marriage. I did my entire dissertation on this.

Um. And did a case study on it. We have lost ourselves. All of the research says in destructive marriages, you have lost yourself of agency, you've lost your sense of self. IFS is a tool. It is how you can find that sense of self again. So that. You can do the healing and walk the journey you need to find yourself to find the agency, to find the agency that Lisa had to care for herself, that Diana has, that Natalie has, that I have, so that we can be living and being joyful and enjoying our lives.

Again, but still on the journey. Still healing.

**Natalie:** Yeah. Yeah, that's, I, I love this so much. Healing, uh, healing by loving these inner parts of ourselves is something that I believe we are called by God to do because we learn how to love and hold space for other people when we become skilled at loving and holding space.

For these parts of ourselves, forgiving other people becomes possible. When we forgive these parts of ourselves that maybe aren't showing up in really lovely ways, we learn how to give others freedom to be who they are, and to see them blossom and bloom. When we give these parts of ourselves inside of us, freedom to be who they are and to blossom and bloom, and to give them a voice.

We give other people a voice when we learn how to give these parts of us a voice. So I think it's really good practice and I think you see that when, when people are truly healing in that process of healing within themselves, they become then healers in the world outside of themselves. All right. So, um, we were gonna talk about the inner critic.

Actually, Barb brought, she used the term this bullying part, which I think would be, you know, similar to that inner critic part, right. That people are familiar with. But what does it look like to notice and name these different parts of ourselves? Like the scared part, or the bully part, or the angry part, or the hopeful part?

The, you know, Pollyanna part, right? And how do, how do you respond if one part wants to do some, one thing to move forward in one way? Like maybe even doing this healing work of IFS. I've had people say, well, I don't really, I wanna do that, but then there's something that just holds me back and thinks, I don't know.

Do I really wanna feel all those big feelings? Do I really wanna go there? And that, that part maybe makes you feel stuck or afraid to, of moving forward. How do you solve for that?

**Diana:** I also wanna say there's a part of our brain psychologists talk about this, that, uh, the primitive part of our brain wants to avoid pain, pursue pleasure, and conserve energy.

And so on default our brain's gonna be like, well, hey, exactly the way things are today is a lot less resistance than trying to do something different that's gonna take more energy, or it's not gonna be as pleasurable, or it's gonna create emotional pain. And so when we feel resistance to wanting to jump in.

And do any of this work, that's just our brain running on default. We go through it all the we, we push through it all the time though. Like, oh, I wanna lose some weight, so I'm gonna not eat the cake and I'm gonna exercise. We feel discomfort and that takes energy and we don't get the pleasure and 'cause we're pursuing something else in the end.

So that's our critical thinking brain in the front of our brain, taking over and saying, no, we have a bigger picture in mind here. We have something that we're moving toward. So I also wanna say a little, a little bit about what this bully. Can feel like, or how we can notice it, this inner critic bully, because I think

we're waiting to hear sentences in our head like, I hate myself, but if we don't hear this sentence, these sentences, or you're, you suck at that.

And sometimes we do, sometimes we hear those thoughts in our brain, but a lot of times this inner critic bully is running on the down low and we're not noticing the stories. And so it could be things like, um. Second guessing decisions, even simple ones. It could be feeling guilty for wanting to have more peace in your life, or to have time for yourself or to have better experiences.

It could be replaying mistakes from your marriage or from other relationships. It could be taking on the blame. For the things that haven't gone right in your life. It could be comparing yourself to other women and then, uh, or other people, and thinking that you come up short, it could be feeling stuck, uh, what you just alluded to, afraid to move forward.

Um, and also, you know, that impending doom, like even if I do try to move forward, I'm probably gonna screw it all up anyway. So what's the point? Or it's gonna be too hard. So if you can notice any of those things happening, I'm gonna give one strategy and then I'll turn it over to other people. One strategy I use a lot is if you notice any of these things happening, you just ask yourself, okay, what's the thought about that?

Like, I feel stuck. What's the thought? What thoughts? Keeping me feeling stuck? I keep re replaying this mistake. Why? What is that? What's the thought that has me replaying that mistake? Like, boy, I really screwed that up. Or I'm second guessing every decision. What thought is having me second guess this decision?

Like I'll probably choose the wrong thing. Whatever thought you can uncover and you don't have to get this, there's no exactly right. Just whatever one comes to your mind, you can put it through a lit little litmus test and just ask yourself, is this thought true? Like I'm gonna choose wrong. Is that true?

How do I, how do I know that? Can I actually predict the future? So no. If it's not true, maybe that's not a good thought. That that maybe that's just an inner critic bully thought. Does this thought serve me? And remember, we're not selfish. We're loving ourselves here. We wanna serve ourselves to have a good life and honor God.

Is that thought serving me to think I'm probably going to make the wrong choice? No, it's not serving me because I'm staying here stuck. And is this thought, the last question I often ask for a thought is, is this thought honoring

God? Well. When I'm staying stuck and I'm not moving forward and I'm not being the best version of God created me to be.

I'm not growing. I'm not becoming more Christ-like. I'm not, um, evolving into the best version of me possible. Is that honoring God? No. And then we get to challenge that thought. Now, this would be a whole other podcast probably to try to. Um, teach you all how to create a new thought that would be helpful, but we've, we've gotta be willing to let go of this inner critic bully thoughts that are keeping us stuck and think something that is, make sure it's true.

The truth is, I don't know if. I'm gonna be making a good or bad decision, and maybe there is no good or bad decision. Maybe it's just a step forward and it'll work out exactly as I want or it won't. I, I don't actually know that's truth. So the truth is I want to try something 'cause I wanna get unstuck and I don't know how it's gonna turn out, but I'm willing to go forward anyway.

This is the kind of thing Natalie does, uh, with people in coaching in the Flying higher, uh, and then the kaleidoscope all the time. And Barb's a coach there. I'm a coach there. This is the kind of thing we help people with. All the time. So, okay. That's it for me on Interprise. Okay. So

**Natalie:** just to tie that in with, um, what, what Diana just shared with you is a cognitive behavioral therapy tool and how to tie, how I've tied that into IFS is that these thoughts that we have, we have these thoughts.

They're all, all of our thoughts are coming from different parts of us. So getting to know these different parts that tend to have different parts of us tend to have core beliefs. You know, uh, they just, they and, and getting this self-awareness about where these thoughts are coming from and why these parts of us have these core beliefs is important.

If, and, and if you don't know, like what Diana said, if you don't know what's going on underneath the hood of your bus, if you don't know, then you can't change it. But when we start to get to know our parts and with curiosity and compassion, now we, now we have self-awareness. That's like on the conscious level.

Now we can make intentional choices about do we wanna keep that? We can challenge those parts. Do we wanna keep that? I do we wanna keep that core belief or do we wanna change it? And that sets some of these parts free so that they don't have to be so sad and scared anymore. They can actually feel free to.

Romp in fields of grace is one of my favorite things to say. That's what I like, like to

**Diana:** think. Let me add real quick. If we get to first validate that part, like, Hey, little one, I do that. I'm like, Hey, hey, little one. I see that you think you're gonna screw up this decision. It really makes sense that you're thinking that.

I get it. I see you. I understand why you're thinking that because the things that have happened to you in the past and pain you've been through, I get it. And I might even ask myself, how do you feel about that? And then I might think, wow, that's, it's scary. Yes, you're right. I see why it's scary. And we get to spend time with that part.

And yeah, this, this is a lot, uh, to do. That's why I'm saying, you know, join, join Flying, hire if you want. 'cause this kind of work takes a lot. Barb specializes in coaching people through this. It's a process to learn this. So if this is new to you today, just keep opening yourself up to learning about IFS and Cognitive Behavioral Therapy and see how it can help you and be curious with yourself.

**Lisa:** That's, yeah, Diana, I, I agree with that. Like, I, I use that word a lot in my self-talk is, well that's curious, you know, and that little girl, that little bully in me, you know, that bullies my parts. I sometimes, you know, one of, when one of my grandkids throws a temper tantrum, sometimes they just need a little bit of connection and I will, you know, if they want held, I will help.

Hold them and love them and, and you know, Hey sweetheart, it's okay. And Gigi's right here, and I love you. And I do the same thing for my inner parts. And I say, come here, Lisa. What honey? What's going on? Like that, you know, that was very curious how you responded. Let's, let's look at that. And, and I'll, you know, I'll say sometimes, you know, when the, the words come out the way, I didn't want them to, or I act in a way that is.

Less than, less than kind or noble or lovely. Um. I, I will, I will say, well, let's do a forensic analysis. Once I calm down and see what happened to that situation, how can I love what part showed up and why did that part show up? So curiosity, I I say that all the time. That's very curious and that helps me separate, but also love.

Myself, my inner, you know, inner child, uh, inner parts. And also, um, uh, holy Spirit loves me. Jesus loves me. God, the father loves me so, so much. He told me like, he loves every cell in my body. I, I can't explain to you, I had a vision

one time and he just, the love in every single cell that if he loves me that way, then I, I should love me that way too.

**Natalie:** Yeah. Yeah. You're collaborating with God when you do that. Yeah. Yeah.

**Barb:** Yeah. And I think it's, when I work with clients and myself and Natalie, I think you talked about this, asked about the polarization about the parts of us that don't wanna do this work and that kind of don't wanna go there. And I think we often have parts, like parts that show up that.

Don't wanna do something or don't want to. And that's when we need to slow the process down. And that's when we need to say, okay, we are, we have been bullied enough out here. Right? Yeah. And that's when we need to slow the process down and say, okay, we are not gonna bully our inner world. We are gonna go as slow as our inner world needs us to go, and we are going to just get to know our parts at the pace that they need us to at.

So if we have parts that don't wanna jump into the process, well, let's slowly get to know them. The way they wanna get to be known. And, and that's how I work with my clients. That's how I encourage other people to begin to get to know their parts. Do it so that the whole inner, your whole inner world, all your parts.

Are working together because I'll often have clients that are show up and their, their financial part is like, let's go, let's get this done. Or their part that's like, I need to go deep, but then their other parts are like, wait, no, hold on. We need to, this is scary. Or, you know, I have some other things I need to talk about first.

And so we work with all of the parts. So that we move forward together and the journey is a journey that's together.

**Natalie:** Yeah. So, okay. So Barb, that has to do with too, with learning how to trust yourself, your, if your parts can trust your inner system and trust you as the wise leader. Yeah. How do you build that trust after years of, uh, decades?

Of doubting your instincts and what boundaries do you think are important for protecting that healing relationship that you are now trying to build and make those inner little connections with yourself inside?



**Barb:** There's a lot to that question, right? Building that inner trust is saying things like, we say an IFS slow is fast, right?

Hmm. So it is having inner boundaries. Inner boundaries with yourself, whether it is, um, I often talk with people, um, my clients that are, say, on a forum or with others. I say, if you're gonna share about your IFS work, make sure all your parts are on board with what you share before you share it. Because if the part that's really excited shares it well, there might be another part that's like, I don't know.

That was too vulnerable. Yeah. Right. But if it's out there first, then it's already out there. But building trust is sitting with your parts and saying, is this okay? Building trust within your system. We do it daily and is by saying. Wow. Th this person is toxic. I am going to start having boundaries with this person and working with your parts.

Having boundaries so that your parts know that you're protecting yourself. Mm-hmm. And even little simple ways to begin to care. For yourself, having daily practices. Um, it's all those things flow into building trust if you're caring for yourself, um, emotionally, mentally, all those ways, like simple things.

I was thinking about this as I was getting ready. Um. Two, we are all busy women. We work right? And most of the people, um, that are listening to this divorced Christian women are single moms and they work and they're busy. Two things I do that take almost no time, but my system loves it. When I put my face cream on in the morning, I choose to sit down.

It's like 30 seconds, but I sit down and I just rub that cream on my face instead of just slapping it on in 10 seconds, 30 seconds, and I stay present and I just breathe. That's building trust. Yes, and I blow my hair dry. I just feel that warmth and I blow my hair. That's like two minutes, right? But I just choose during that time to breathe and to feel the warmth on my skin.

Like simple things. You can be really busy, but you can slow down. Yes, during two little times. And, and how you're,

**Natalie:** where you're slowing down is in your mind, you're actually being present in that moment and that is what slows it down for

**Barb:** you. Yes, it's slowing down in the moment and just breathing and being with yourself.

So there's lots and lots of ways to build trust, but even from simple to boundaries, et cetera.

**Natalie:** Yeah, I will that I love that you shared that. Um. Because that, that shows like the micros that you can do it and it doesn't take any of your extra time, right? Sometimes people think, oh, I'm gonna have to do parts work and that's just gonna take, just gonna take it right outta me.

No, no, no. This is gonna like infuse you with more energy and more safety and more feelings of regulation one. I'll just give one example as you were talking. More of a macro thing where I was at a conference and the conference was almost over, and I'm one of those people that, you know, you spend a lot of money to go to something and you wanna get everything that you can out of it, right?

It's on the last day and someone stood up, and I won't go into the details, but they completely derailed the whole conference. The, and now the speaker was addressing this issue and I, again, I won't go into details, but it was really, really bad and part of me thought I should stay and learn what I can out of this.

It was, it was a curious how the speaker handled it and I thought, well, I could learn some things from how the is handling it, but another part of the o, other parts of me, were going, we need to go, we gotta get out of here. Fire, fire, fire. I sat with it and I sat for probably an hour and a half while this drama was going on around me, and we even took a break and I sat with it during my break and I just checked in with everybody inside of me and I decided to leave.

I decided that what was going to make most of me inside feel better was if they knew I had their back and that I wasn't going to. Purposefully put them into something so we could learn a lesson or so that we could, you know, I, I don't know what I, that was my, my, I have got parts of me that are like, well, we have to suffer sometimes just 'cause we learn most when we suffer.

And my parts at that point in time in my life needed to know, no. Natalie gets us out of situations where we're suffering inside. Where we're getting triggered and where we're feeling like we might fall apart. And that was the best. I'm so glad I did that. It was the best thing I could have done. I don't know what happened that last two hours of the conference.

I have no idea and I don't care. I don't need to know, and I, all I know is that it was the best thing for me. So that's more of a macro thing.

**Barb:** Lisa, oh, go ahead. Oh no, I was gonna say, you know, I was talking with a client this week. About a victory. It was because she was in, um, her adult child was getting more and more aggressive verbally with her, and she said, so she took a pause and went into the bathroom and did some breathing, self-regulating, and walked back out of the bathroom and said.

I am gonna need to leave now because this has not become a good conversation for me. I love you and I'm gonna text you later. Wow. And we can discuss this. That is building trust. Yes. That is taking care of ourselves and being like this idea of taking a pause, which is what you did. Right. And. Being able to pause, be with our parts that are like what's happening, and then being able to work with the parts and address them and caring for ourselves.

That's building the trust inside, which then will lead to. The deeper work because the deepest part of this work is the unburdening process, and that unburdening process happens when we can help those young parts that are frozen in time and help them unburden their memories and take new beliefs in so that when situations happen.

Things aren't as intense anymore. Yeah. And they're not frozen in time. In that memory. That's what happens. So often when we show up in this crazy way, it's because we're showing up in that five-year-old space. We're showing up as five or eight or 10 or middle school. Right. And then if we can build this self trust so that we can eventually work with these parts and unburden them.

Yeah, that's when the true healing begin. But we've gotta do all this self-trust inside first.

**Natalie:** Yeah. Yeah. This is a great therapy for um, PTSD and Complex PTSD too. Absolutely. Yeah. Lisa, did you wanna share a little bit about how you've built trust in your own life?

**Lisa:** Sure. Um, I, I love, I love the micro and the macro examples.

Um, I, I take time, you know, five minutes here and there. I, I am a type A I, I'm. Uh, kind of a DDI diagnosed myself. Um, it certainly worked very well in the businesses that I run. Um, but I need to slow, you know, slow my role during the day. So I take time just to breathe, to have a, I'm having a cup of tea right now to check in with Abba Daddy.

Um, also just recently, um, I, I, there was a part because I've been asking the Lord obvi, you know, he's my, my best friend, and I said, Hey, is there. What,

you know, I, I'm ready to go into some more healing and, um, I visited, uh, my 2-year-old self and my 6-year-old self at different times, and he took me into this situation and showed me some things and, um, I, I had, I had to invite that part back into the fold and it took several times of going back into this situation and, and I had.

You know, holy Spirit was right there. Jesus was holding my hand. So I felt very safe 'cause I built trust within myself and who I am and who I was made to be. Um, but that was amazing. I went back and then the 6-year-old self, there was something that happened apart that was stuck. I didn't even know it.

And I was quiet and said, is there anything else I need to see? And, and he showed me that. But I, I wanted to say, and I, I didn't write this book, but this lady named Lois Mickelson, uh, wrote a book called, hidden Within, it's a 40 day prayer journal, and it helped me see another layer of IFS 'cause I've, I've, Barb, you know, I've counseled with Barb and she's amazing.

Um, and this book also brought another layer about going to those parts and inviting them back into yourself. And, and this work I. It is so powerful because I am regaining my power and my authority over me and the people that I love, and even people that, that are very difficult. They respect me and it's, it's amazing.

Like I'm on a level playing field. I've never been here before and I love it. So I, I encourage anybody that has not tried this to just, just give it a go. It's, it's, it's incredible.

**Natalie:** What's the name of the book that you just mentioned?

**Lisa:** Hi. Hidden. Hidden Within. It's on Amazon. It's free. You can download it.

It's 40 Day, 40 Day, uh, devotions by Lois Mickelson. Uh, and Rebecca Davis helped her write it. She's an, uh, an author coach. It is. Excellent. It is excellent. So I'll put that. It was very, it was helpful. And that's when I went back and visited my 2-year-old and 6-year-old self, which I didn't even know they needed rescued, but they did.

Mm. Wow. So, and they're back with me. Wow. So, yeah. That's amazing. Yeah.

**Natalie:** Well, before we end, I just want to, um, say a few things. First of all, I wanna invite those of you who are listening to Join Flying Hire, where this is

actually one of the most important things that you can learn about. In, in, in Flying hires how to use IFS concepts to get to know and love yourself, all the parts of yourself, the good parts and the problematic parts, right?

This was definitely a game changer in my own life and in fact. What I, what I used to, what I learned about my own parts and how to coach myself. I actually put that into my spiritual memoir. All the scary little gods. That's, and now at the time of this recording, it's not available, but by the time you guys hear this.

It's gonna be available as a free audiobook. I wanna give that audiobook away for free, along with a framework that I used that you'll be able to see throughout that book. But then I put it into a framework that people can use to heal from emotional and spiritual abuse if you have that in your history.

So you can hit up the show notes if you're interested. Um, you can also get that book on Amazon in a paperback, Kindle, or Audible formats, but I help women walk through that same framework. Inside of Flying Free and Flying higher. So if you often feel shame or shut down or angry or. Like you are hopeless about your life.

Or if you feel like I keep making this, why do I keep making the same choices over and over and over again and you would like to change your life, you wanna change that and turn that around. This is the one, the most important work that you are ever gonna do, and we, those of us who are here, we would love to help you do it.

You can go to join fly hire.com to learn more if you want to work personally with an if FS practitioner. Barb is the one that I recommend again. She is level three certified IFS practitioner. She has several years of experience under her belt and she has helped many of the women in our program. And Barb, why don't you tell them where they can find you and your work.

**Barb:** They can find me at, um, my website, which is integrative coaching for life.com, or they can email me at, um, integrative Lifeing, life for Integrative Life for coaching@umgmail.com. And Natalie, I wanna say, and we need to do a podcast sometime to reiterate the fact that when I. I worked with the women in my dissertation that the women that I worked with that had done a psychoeducation course such as Flying Free and actually did the work, were the ones that had the better stats in my, um.

Research all that I did. Oh, so they, they weren't just part of a program like Flying Free and Flying higher. They were ones that were in it and doing Yes, the

coursework and they were the ones that were experiencing healing. So IFS and the coursework, your coursework. What's really important in that healing process?

**Natalie:** Yeah, that is, that is so good to know. I know there are a lot of people, or a lot of therapists who actually recommend their, their, uh, their clients to come into Flying Free or Flying higher, because what they've noticed in their practices is that if they're, if they're. Client is going through this. I like how you called that.

I've never heard it called that psychoeducational coursework, psychoeducational coursework inside Flying hire or Flying Free. They then bring the things that they're learning and their, their therapy sessions are so much more productive. Because they're able to talk through now this is what I learned.

Now help me, personal therapist or personal, if FS practitioner help me to apply this to my own life, or how can I integrate this into my own, where I'm at personally in my own healing process? So, so it's integrative coaching for life.com? For

**Barb:** life.com.

**Natalie:** Yeah. Or. It, the, the, the email was a little confusing.

Oh,

**Barb:** sorry. My email is Integrative Coaching for life@gmail.com.

**Natalie:** Okay. So it's the same thing as the website. It's the

**Barb:** same thing. It's just at Gmail.

**Natalie:** All right, good. And then of course, Diana's got a podcast called Renew Your Mind Podcast. So if you, uh, wanna do some mind shift work, that's what she basically co uh, goes over in her podcast.

And she will teach you so many things just by listening to her free podcast. And she's also a coach, so if you want coaching on the kinds of things she coaches on, just go to RN, no RY, renew your RY. Spell, say it. RYM.

**Diana:** Renew your life. Your mind. RYM podcast.com. I should have just said, you, you say

**Natalie:** it. I don't know why I try to do it every time.

I'm sorry. I try to make it easy. I know. No, for some reason my brain, my brain doesn't like individual letters and it doesn't like individual numbers. It does not like that stuff. It do it literally. My brain can't function. So anyways, um, ideas. My brain loves ideas, but not these letters and numbers. Okay, you guys, thank you so much, all of you for contributing and, and, um, offering your thoughts about this.

I hope this sparks some ideas and, and creates shifts in people, whether or not they end up coming in and getting some help with us or not. Maybe this'll plant some seeds in some of our listeners, and this could be the seed might go down inside of them and. Percolate for a year or two and then end up coming and growing some amazing fruit down the road.

I, that's my hope and prayer. And so thank you for being here, ladies. And then those of you who are listening, thank you for listening. And we've got one more episode for, um, this season, and then we're done for the season. Then we're gonna work on season two, which, or season three, which is gonna be all about money.

And that'll start in, I think, February. Alright, until, until next week. Why hire I.