The Divorced Christian Woman Podcast with Natalie Hoffman, Season 2, Episode 12 - Creating New Friendships for the New You

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: After divorce, rebuilding friendships can feel impossible. Maybe you've lost people along the way. Maybe you feel lonely, or maybe you're wondering if you'll ever find your people again. In this episode, I'm sitting down with my friend and fellow coach, Diana Sillinger, to have a real conversation about creating new friendships for the new you.

We'll talk about letting go of draining relationships, facing the fear of rejection, and why your best connections may actually be ahead of you. If you're craving meaningful life-giving friendships, and you are ready to believe that your story isn't over. This episode is for you.

Joining me today is my friend and fellow coach, Diana Swillinger, host of the Renew Your Mind podcast, and we are gonna be talking about creating new friendships. For the new you. And I wanna kick off this episode, Diana, by reading something that one of our Flying hire members wrote recently. She said this 'cause it relates to what we're talking about today.

And by the way, this is our last, the last episode of this season. In season three, we're gonna talk about finances. Ooh, money. Everything has to do with money. Yeah, money. And maybe even throw in some career development in there. Or like, one thing I could think that could relate to money is how do we, um, how do we raise our capacity to make more money in whatever work that we're doing?

Because sometimes women don't, this would fall into the category of like, how do you ask for a raise, for example? Yes. How do you move up the ladder in your, either in the place that you're working at now or making a lateral shift or

an upward shift to another company, you know, and when you're starting to think about things like that.

Diana: Yeah. And for me, I was like, what about retirement? Okay. Because once I got divorced, I'm like. Either you have some and it's totally split in half and you really have to rebuild it, or you might have none. And how do you get ready for that? Are you gonna have to work till you die? And then we have fear of money.

Yes. And fear of running out of money.

Natalie: Yes. Also, there's other practical things like insurance like, like vehicle insurance, life or health insurance. Life insurance. You know, what kinds of insurance is important? I mean, there's so many. I think there's so many different.

Diana: And having a will.

Natalie: Exactly. Exactly.

Diana: Okay. That's gonna be a good season. Yeah. Yeah. You heard it here first, folks. It's definitely, maybe possibly happening next season. Stay tuned. Yeah,

Natalie: and that's gonna kick off on February 7th. That's when season three is gonna start. So anyway, let's get back to this Flying Hire member thing. Um, she had written this, I keep track of my Wheel of Life monthly.

I think that's where that, that has those like different areas of your life and how are you doing, what kind of scores are you giving yourself in these different areas of your life? Okay. Okay. Referring to, I love to quantify things, so I indulge my nerdy self. My ex left me two years ago this week, my little mini trauma bursary.

I kinda like that trauma. Yeah. But according to my somewhat subjective data, again, she's referring to her wheel of life. I am three times happier with my life today than I was when I was, than I was when the divorce first ended, which is also about the same time I joined Flying higher. Seeing proof on paper that there's an unmistakable trend line is reassuring.

Like many of us being in an abusive relationship cost me a lot of friendships before I realized what was happening. I was so isolated and starting from

scratch was a lot of work. I tried all kinds of things to meet new people and nurture new relationships. I am happy to say I reached a milestone of getting a group outing together with five gals for the first time this week for trivia night.

It was so much fun and a huge win. I made connections that are meaningful and make me feel like me, but I also achieved a goal that required me doing things that were kind of new and kind of scary. So, Diana, that's what we're gonna be talking about today, basically evolving ourselves into the next.

Badass version of ourselves, A version that is able to try new things, meet new people, and build a new life. And there are people that we don't even know yet. We don't even know who they are yet, and they're going to play a significant role in our lives. Our lives are not washed up and over. This is not the beginning of our, our deathbed experience.

We still have many, many years of life ahead of us. Even if you are in your se, if in your seventies, we've got people in our program who are in their seventies and I'm like, you still have, they look, they look amazing. You still have years of your life ahead of you. Like, let's go, right? Yep. Alright, so again, this time we did this with episode 10.

We just took a bunch of questions and we just riffed off of 'em and Diana and I are gonna do that again. We're just gonna have a conversation about friendships and um, and see where it goes. Are you ready?

Diana: I'm ready. Let's jump in. I don't even know what the questions are, so I'm excited. Let's go. Okay.

Natalie: Well first of all, how did divorce.

Change your circle of friends if it did. And where does loneliness or disconnection show up most for you now? And then also, have you experienced what Mel Robbins calls the great scattering? It's when old friends drift away and maybe don't stay in touch for different light, you know, for di 'cause life changes, people get divorced, right?

Um, and, and we lose, we just lose touch with people who are in a different kind of season of life than we are.

Diana: Yeah, I think the great scattering happens whether you're getting divorced or not. And we think we can look back on our entire life and be like, and now I thought that person was gonna be my best friend forever.

Turned out they drifted away and this was the person who was my best friend forever. And then, you know, and some people you think, oh, we'll probably just be friends for now. And then they end up being friends for 10 years and then others you're like. They're gonna be my, my friend, you know? I know it.

We're just so close and then it's like, well, I guess that didn't work out. Like, we don't know. Yeah. It just, so they're, they're there for seasons and, um, I, I've totally experienced it. One thing that's been fun that I've been doing right now though, is kind of, uh, going back through people who were part of the great scattering and setting up lunch dates with them.

Natalie: Yes.

Diana: I have a lunch date set up with a former coworker that I worked with in the nineties, and we're going out for a Mexican lunch in a couple weeks, and then one of my best friends from high school that I have not seen since my wedding in 1992, and I are going to get coffee on Monday. So the great scattering doesn't mean never, ever again they could circle around for a moment.

Maybe I'll reawaken one of these friendships. Maybe it's just gonna be a catch up and then we scatter again. I don't know, but it totally happens. So divorce, um, I think, you know, some people, when divorce happens, they notice who's sticking around and who hasn't. Who's got compassion for me and who doesn't?

And I, I think the way I thought about it is who are the people that even during this. Major transition, one of the, the most painful, major, longest transitions of my entire life. Who are the people that I want to walk with through it? And those are probably my lifers.

Natalie: Hmm.

Diana: And if they're not my lifers, as I go through this big transition, it's okay.

It, I don't have to contact them. And if they fall away, I'm gonna be okay. And especially the people who were. Friends with my ex-husband. I just, I never reached out to them anymore. And funny enough, they didn't reach out to me to see how I was doing. Yeah. So I thought that's good. I, that, that changed through the divorce and that's okay.

Natalie: Yeah. So,

Diana: uh, I'll touch on the loneliness thing real quick too, and I wanna hear your thoughts on this, but I think, um. L I'm an introvert, and so I'm okay being alone a lot, but that does not make me immune from loneliness because I think loneliness has more to do with whether we're feeling seen and whe whether we're feeling a connection with people and if we feel unseen or invisible.

Like, we're lacking a true connection with someone. I think that's when we feel lonely. So I made sure I, I still, I do have moments where loneliness creeps in, but I know who to contact because I have people who see me and so I can reach out, be seen. And not feel so lonely anymore. And sometimes loneliness gets confused with boredom too.

So I'm just gonna throw that out there. If you think you're feeling lonely, you might just be bored and you need to go do something or start a project or, I'm so

Natalie: glad you said that. Yeah, that is so true. Yeah, that is so true. Yeah. I feel like for me, um, I, I, I agree. I have been getting together with people from high school and college, and it's so much fun and I can tell, you know, it's not like.

There was part of me that thought, oh, let's just revive the friendship and then, you know, start over again and then be best, best besties again. Yeah. It's not like that. 'cause again, we're all in different, you know, phases of life and even though we all, a lot of us live in the Twin Cities, it's still, it's, it's not the same, but still, it's so precious just to see them again and to know we just love each other no matter what.

Yeah. Um, but I feel like when I got divorced, there were some friend that there were fr my friends were mostly in my church. They were like, almost like forced friendships. You know, in high school you become friends with the people that you gravitate towards. And then for me, I felt like in church we would be put into these small groups and then those were your friends you were supposed to build relationships with.

And it was almost like this challenge to, we have to love people that we don't necessarily just click with all the time. And. And so, um, I learned how to I, how to be really good at that. How to just accept other, other people for where, where they were at. Even though they might not have, I might not have jelled with them in college.

You know, I would've been, I would've enjoyed who they were and being acquaintances with them, but I wouldn't have spent every Friday night with

them. Right. But here I was spending all of my friendship time with these people. And it was tough. It was tough and I didn't even realize that I was struggling with it until I got out of it and thought, man, there's so much relief that I don't have to do that anymore.

Right. Yeah. I remember when I got went through my divorce, some of them got together with me to, um, you know, one-on-ones to base a, I don't even honestly remember the things that they said, the words that they said. It was just basically. You are not doing the right thing and I love you too much to not say something.

You know, that kind of thing. Some version of that, and those people went by the wayside. And then there were other people that I walked, that I walked with through my divorce who. I got divorced and then I moved on and they kind of stayed stuck in. They, I feel like, and I don't really know what happened to them 'cause we drifted apart.

Hopefully they figured it out and are living flyingfreenow.com as well. But, um. It, we drifted apart because I started moving forward and I started moving and thinking about other things, and they weren't, they were still kind of swirling around in this other, this other way, these other ways of thinking.

A lot of my friends became online, were online friends after that. Um, because of the program that I started, those people became my friends. Um, one of the very first women who joined Flying Free. She and I are going on a, well, actually, I don't know if she's coming actually for sure, but there's, there's four people that are potentially coming with me.

One is for sure, and they were all part of the beginnings of Flying Free. So I knew them online and weren't gonna be going to, going on a trip next year together, so. That's so fun. Yeah. So I, I feel like online friends can actually become friends in real life friends. Diana is an online friend who has become an in real, in real life friend and.

In fact, when I was going through my second divorce this past spring, Diana was the one that I leaned on. She's the one that I sent a Voxer message to in the middle of the night when I was terrified. I won't go into details, but I was going through just a horrible, horrible, terrifying experience, and I herd her in the middle of the night and the next morning she got back to me and she just was like.

Blah, blah, blah, blah, blah, blah, blah, blah, blah. Like, yeah. So we

Diana: call that, we call that just jumping in the pool. I wasn't being a coach to you at all. I was being a friend and I'm like, oh, is this what we're upset about today? Let's go.

Natalie: I know. And it was exactly what I needed. Oh my gosh. I just needed someone to get in the pool and thrash around with me and feel all of that chaotic stuff that I was going through and, and she did that.

So anyway, yeah, that was me.

Diana: You were being seen.

Natalie: Yes, exactly, exactly. I had someone that I could go to that I like, I couldn't go to my kids. I feel like I'm friends with a lot of my older kids, but I couldn't go to them with this 'cause they don't, you know, that kind of energy

Diana: and we don't wanna burden our kids, you know?

No. That relationship's a little different than a friend. Yeah. It was no burden to me. I was glad to be there.

Natalie: Yeah. Yeah.

Diana: Yeah. So, I don't know what the next question is, but I can read it here. Let me ask you the next one. Alright. How do you emotionally let go of friendships that feel draining, even if they lasted years and then open space for new ones.

When a friend fades or disappears, how do you resist internalizing it as personal failure or rejection?

Natalie: I honestly, I don't even have really have a problem with this at all.

Diana: If

Natalie: something, well, I can

Diana: tell you about, there was a friend of mine that was draining. Okay, let me tell you.

Natalie: Alright.

Diana: I heard that sometimes she listens to my podcast and then she's like, I bet that's about me.

So she'll know this time if she does listen. Oh, no. Oh, really? So it was, she was very draining. It turns out she was one of the abusive people in my life that I needed to let go of. And so it wasn't a friendship that I could let fade. It was a friendship where she. Continue to pursue connection with me on and off.

She would sometimes cut me off and then come back and wanna pursue sometimes, you know, like, what on, uh, episode 10 when you were talking about your daughter? Kind of, yeah. Here it is. And now we're gonna, you know, now I really need you. And then I, I don't like the way you're acting, so I'm gonna cut you off.

And I thought, you know what? I'm just gonna love her. I'll just be a steady force in her life. And yet it was just very draining all the time. Mm-hmm. And it was a 20 year friendship. I don't know, I guess I stayed the same reason I stayed in my marriage. People are broken. I can be faithful in love and it's gonna make a difference, but it didn't, and.

It sucked so much of my energy. There was no way I was gonna have capacity to go forward and really invest in my healthy friendships while that was there. So I decided to end that friendship.

Natalie: Yeah.

Diana: And I had to block her and still block to this day. That was probably. Six years ago, I'm guessing, still blocked to this day, and just a friendship I will never let back into my life because I can't have ones that drain me is if I have a friendship that drains me, I'm being robbed of growth.

I'm being robbed of building healthy relationships, I'm being robbed of, um, the, the good challenges that come through healthy relationships that challenge me to. Reflect on my character or look deeper, consider a different perspective, because draining relationships don't do that. We're just trying to survive the draining relationships.

Natalie: Yeah. So

Diana: you're robbing yourself of all of that. And then if you're not becoming a better person and making space for growth and healing and good things, then you are robbing the people around you of all that goodness that would come

from you growing. So if you, listener, if you have a friendship who that's draining you.

Natalie and I are giving you permission to let it fade or end it if you need to. You don't have to stay friendships with everybody just 'cause they were assigned to your life group at church or because they're your neighbor or they're your cousin and you think they're blood and your friend. You know, you don't have to, you can make, let it go and make space for things that are, as one of my mentors would say, life-giving instead of draining.

Let's go for life-giving relationships.

Natalie: Yeah. Did you feel ever feel like you had. Failed in some way because of that.

Diana: Uh, no, but yeah. You know, as, as much as I have self-doubt on a lot of things, there are many places in my life that I feel very confident and I felt confident in that. And I think that's part of sticking with a relationship for so long too.

Yeah. I'm like, I'm confident I did everything I could.

Natalie: Yeah.

Diana: I grew in every way I could. I gave it every chance I could. And I feel good about that.

Natalie: Yep. The only thing I would add to that is, um, you know, those relationships that I lost back in my divorce, um, I did kind of feel like I had failed them, but that was only, but I don't feel like that anymore.

I really don't struggle with that anymore, with feeling like a failure if a relationship comes or goes and may, and I think it's because my programming has changed and I talk about this in all my book, all the Scary Little Gods you can kind of see, watch the evolution of my programming, but. Back then, I would've thought is my responsibility to make sure that, you know, that I maintain good relationships.

These are my Christian brothers and sisters. Right, right. So again, kind of like the blood thing and, and if I'm not doing my part then, and, but yeah. But now I would just be like, well, you know, I, I did my part. And it didn't, it wasn't a

match. Exactly. It wasn't a want match. So, so it's done. Like why would I feel like a failure?

Right? Why would I have to feel like a failure when I did my part? The it, they didn't, they didn't like my perspective anymore than I liked theirs. So it just, yeah, not

Diana: everyone out there is a match for whatever it is. That mechanic might not be a match for you. Go find a different mechanic that doctor might not be a good match for you.

Go find a different doctor. That friend might not be a good match for you. Go find a different friend.

Natalie: Absolutely. There's 8 billion people in this world, right? Yeah. Okay. So Mel Robbins talks about, we just recently went through her book, her new book, let Them, um, in Flying Higher. And one of the things she talks about is the three pillars of friendship.

There's pro there three things have to be in place in order for you to develop a friendship. And if one of those things is in place for a while and then is not in place anymore, that friendship is likely to go by the wayside, right? And it's okay. It's actually normal for friends to come and go in your lives as an adult when you're a kid.

You're in school, you're with these people all the time. You don't really have a choice, like they're your friends. You, you clock a lot of hours with these people, so you're gonna get close to them. But then when you become an adult, your life changes over and over and over again. You change jobs, you move to different places.

You get married, then you get divorced and you get married again. You have kids, you, you know, different things happen. So the three pillars are proximity. That means like where you live. Like right now, Diana and I are friends, but we don't live near each other. We live in different states. Technology is

Diana: giving us proximity.

Natalie: Yeah. Technology gives us proximity, but if we lived in, I think di, like for Diana, I think if we lived in the same city. Or the same, you know, cluster of cities, we would probably, I'm guessing we would probably get together, you know, and have coffee probably once

Diana: a month.

Natalie: Yeah. Yes. Once a month. We both said that as our

Diana: staple, right?

Yeah, yeah,

Natalie: exactly. To, to just to spend some time together. Yeah. But, but in lieu of that, we started this podcast, so,

Diana: so we could talk here and you all can listen.

Natalie: Exactly. Um, and then the second thing is timing. Um, which I think just means, uh, you know, like our. Are you, uh, are you in the same season of life like you and I?

We both are. We're both divorced. We're both, well, you're younger than I am, but we're, but we're both, you know, right around the same, within a decade of, of the age. Are we within a decade of eight of age? Yeah. I think

Diana: we're six years apart. That's, I think Okay. Five or six years.

Natalie: Yeah. Um, we're, we both have adult children.

We are both kind of rebuilding our lives. The, the timing is right. We're in the same kind of circles online together. The timing. Yeah. Similar

Diana: career rhythms. Yes. Which is yes. I mean, that could be the next pillar too, but.

Natalie: Yeah. Well the next pillar is energy. So it's how much energy do you have for, uh, for, I think this is what it is.

I'm trying to remember. Um, the energy level that you have to give to that relationship at that time. So if you are a young mom and you've got, you know, three little kids under the age of five, you're probably not gonna have a lot of extra energy to give to a relationship. With someone else who's doesn't have any kids,

Diana: well, you can call it also like emotional investment.

So like how much, you know, when I, I thought, I'm like, what does that energy mean? Like, am I bringing forward and connecting at the same level you are or am I always giving, giving, giving into the relationship? And you're two, you don't have enough energy to give back and now we've got it lopsided.

Natalie: Yeah.

Yeah. So those three pillars are gonna shape which friendships are gonna thrive and which friendships are gonna fade. And I also think too, that there are seasons of life when. When we don't have a lot of time at all for any friendships, because like I was thinking of that mom, you know, with the three little kids under age five, um, you know, you have to get really creative as a mom with three kids under five, especially if you're working too, if you're a working mom.

And then so you're gone at work during the day and then you come home and you've got. Like where, where do you find the time to like have these great friendships where you're partying and you know, hanging out with your friends? That is not the season for that, and it's okay to recognize, you know what, I'm not really in the season when I'm able to hang out with friends all the time, and that's okay.

Right? That season will come. So the question was what have you learned about those? But we just shared that. Well, I mean,

Diana: I, I think kind of like how are we living that out in our relationships? Let's talk about it a little bit so people listening can maybe just get some practical, you and I, we talked about the proximity.

We make it happen. Plus I do get up to Minneapolis once or twice a year, so when I'm there. I last time you were in Wisconsin when I drove through, but earlier in summer we, we got to have lunch. Yeah. And I'll be back up for Butterfly Bootcamp and um, well this'll air past what, when Butterfly Bootcamp is Yeah.

But fall 2025 and I'll see you again. So, you know, we can drive and see each other. It's possible. And, and the timing worked out and we're giving emotional, let me go back to that emotional investment. So that is, might be, I think one of the most important things in. If one of these pillars needed to be stronger than the rest, I would say it's gotta be the emotional investment.

You gotta feel like both of you are bringing effort and concern and care for the other person at a somewhat equal level. I've had friendships where, and I

actually have one now where I bring more of the care and concern. And effort. And the other person is a little bit more receiving of it, but she's not demanding of me and I've been friends with her for a very long time and she has a special place in my heart and I'm okay with that, but it's also not one of the relationships where I can go really deep because we're not in the same space.

Natalie: Yeah.

Diana: So, um, the, once I do invest in you, and then I'd say I've got like three other. Really close friends where we're intentionally investing energy every month, whether it's in person or it's in phone calls or it's in audio or video messages where there's real, it can't just be texting it where there's real exchange happening.

I just sent one of my friends a 20 minute audio message yesterday 'cause she's super busy and that's how we can do it right now.

Natalie: Yeah. But

Diana: she's gonna send, she's gonna reengage. With equal emotional investment. So I, I would say it's, you know, coming out of divorce, aren't we all really looking to level up, aren't we looking to be like, that season was rough, I wanna build better now.

I would say this is these three pillars in building. I talk about building intentional friendships on purpose. I haven't read the Let Them Book yet. Part of me is slightly resistant since I heard let them from my Sister back in the nineties, and I think Mel Robbins stole it from her, but I will read it.

But I love these, 'cause I talk about intentionally building friendships all the time and seeing these pillars in action lets you know, do I how? Much farther Do I wanna go with this? If all three are there proximity, timing of life and energy, it's a green light. I can take another step. And if any of these get off kilter, I get to feel free to back off.

Natalie: Yeah. Yeah. Okay. Well speaking of let them, okay, let's go there because actually, and, and. You have a, a podcast episode where you actually talk specifically about your reaction to the new book that came out and how you have taught the let them, the let them concept for several years yourself. And then the book came out.

So it, what's the name of that podcast episode for Think it's Renew Your Mind Podcast. Do you remember? I think it's

Diana: called Let Them.

Natalie: Yeah, I think it does have those words in it. So if you go to the Renew Your Mind podcast, it's a great episode. Just look up the words, let them and you'll find it. But anyway, what does let them mean to you in friendship?

Um, releasing expectations or resentment? You know when when people don't reciprocate?

Diana: Yeah. Well whether the relationship's going well and you wanna go forward or it's not going so well and maybe you wanna pull back. I think let them applies in all of our relationships. When I created my coaching program, I wanted to have a lesson on let them, but I didn't end up calling it let them.

I ended up calling it the list and it was about expectations and it, and that we tie our emotional wellbeing to whether the other person's gonna meet our expectations or not. So if you wanna be approach a friendship and you wanna be the healthy, a healthy person approaching it, you can't control what they do.

But do you wanna bring health then bring. Yourself in a space. I'm not wording this quite right, come from a place where you don't have a long list of expectations for them. And if you do have some expectations, they're a little bit more like, these are my hopes. I can't make anyone do anything, but this is kind of what I expect or hope out of a healthy friendship.

And if I don't see those there, then I'm willing to. Let it go, but I'm not gonna tie my emotional wellbeing to whether they meet my list of expectations or not. So if I have on my list of expectations, when I go out to coffee with a friend, they arrive on time. And so if somebody is coming 20 minutes late every time, I'm gonna just note that's interesting.

I have an expectation that they come on time. I expect my friends to show up on time. They're not. I'm still fine. I'm not resentful. They're just being them. I'm going to let them be them. This is information. Now, what do I want to do with it? What it would look like if I tied my emotional wellbeing to it is they're 20 minutes late.

Again, I can't believe it. They don't respect my time. They don't respect me. I'm gonna have to talk to them about this. I need them to understand if we're gonna

have relationship, you're gonna have to show up on time. And if you don't, can you see how this hurts me and how this is inconvenient and how you're not respecting my time and I'm gonna have to let them know, or I'm not gonna let them know, but I'm gonna sit here stewing about it and what, whatever.

Like what kind of friendship is that? If that's the energy that you're bringing along to it. So yeah. Did, did I explain that pretty well? Oh, if you have any questions on how I, that's okay.

Natalie: That's great. Okay. And you can, you can decide eventually, like if, if there were other clues, like I was thinking as you were talking, if someone was always showing up late.

Uh, and, and, and also that was paired with other things where you were sensing just kind of a lack of regard for you and your time, or a lack of respect for you. Um, then you might wanna have a conversation with yourself about, well, you know, is this a relationship that I wanna keep going with? But then, but if you did decide it wasn't, it could come more from a place of like, not from a place of emotional reaction or I can't believe that, you know, but a from a place of, Hey, it doesn't seem like this.

Respecting the other person too. It doesn't really seem like, you know, like this relationship is that important to you because there's all of these little. Clues that you've laid out that are coming across that way to me. Maybe I'm wrong. Maybe it's really important to you. I'm not sure if it is, and I don't wanna waste your time.

I don't wanna waste your energy if you feel like it's just not that important. I think that you could have a conversation like that.

Diana: Yeah. You could also just adjust if this is all they do. If you have a great friendship, otherwise they're always totally in tune to you. They're bringing equal energy. You guys have so much fun.

You could be like. Okay. Uh, we said we're gonna meet for coffee at 10. I'll just show up at 10 15. It's not a problem. Exactly. If they happen to get there before me.

Natalie: Exactly.

Diana: Then I'll just say I'm on my way. Yes. And or I show up and I bring a book. 'cause I like reading. I'm gonna read it anyway. I'm gonna either read it at home before I get there, or I'm gonna, I'll just read some while I sit there.

That's fine. So you can adjust. Uh, you get to decide. There's no hard, fast rules in this friendship space. Yeah. But for sure, you know, let the other, so you wanna make the request, you make the request of the other person, but still don't tie your emotional wellbeing Yeah. To whether they honor that request.

So if you say, it'd mean a lot to me, if you show up on time and they still don't do it, it's not about you, it's about them.

Natalie: Yeah. And to be clear, I wasn't. I wasn't really referring to someone who, that's the only thing they were doing. I was kind of referring to someone who was maybe, yes, maybe doing other act, other actions too that were kind of showing that they weren't really that invested in the relationship.

Yes.

Diana: Yeah.

Natalie: I had a best friend in college and to this day I look back on her. We haven't gotten together recently, but she was late a lot. That was just her personality, but that was just something that, but she was like an amazing human being and our, she was. I loved her with all of my heart, and she loved me with all of hers.

And it was just, that's just who she was. She was late. It was nothing personal. And I never ever, it would never cross my mind that she was late because she wasn't respecting my time. It was just who she was. Yeah. So I think that's a very different dynamic. But yes. Um, let's see. There's the others. There's another side to let them, and that's, let me.

Diana: I did a podcast on that too. Okay. So look up the Renew Your Mind podcast. Let me, and the reason I did is one of my students in a coach certification class, after we talked about Let them, she talked about how she applied it to herself as Let Me, and I was like, brilliant. Podcast. Come in your way. Yeah.

Okay. Sorry. Yeah.

Natalie: So, um, when you notice someone that you would like to connect with, oh, this is, you know what, you could even talk about how you connected with me. You actually did take initiative. Yeah. With me. Um, the question is what's a bold action step you take instead of waiting for them to come to you, tell, tell them what you did to connect with me.

Well, I mean,

Diana: it was, it was a little bit mixed with my career because that's how my offer came. But I joined your program when I was looking for a podcast that talked about. Gaslighting in Christian marriages. And so I found a gaslighting episode on the Flying Free podcast. And then at that time you had 119 episodes.

I know, because I binged listened to them all in a, in about two weeks. And then I started them over. And when I started them over, I joined the program. So I was in Flying Free, uh, which comes before Flying Hire. We talk about Flying hire all the time on this. Because it's for more for people who are divorced.

But I was still married and going through divorce, so I joined Flying Free and I was in that community for a year and a half or so and still working through my divorce process. But I was already a professional coach with my own business, supporting myself with my own business. And I thought, I love this program so much.

I wonder if there's a way I could just give back as a coach didn't ask for anything and. I didn't know how you'd perceive it, but I valued you so much. I knew you from all your teaching, even though you and I had barely talked, um, though you coached me a couple times and it was outstanding. And so I thought, I just wanna give back.

And you know what I, I think I just kept showing up that way where I was just offering, how can I help?

Natalie: Yeah.

Diana: And I, um, probably just showed up as being a part of your life. And then lo and behold, when you were looking for someone to spill painful stuff out at when you were going through your second divorce, like, I just need, or it was before that, but I think there was some pre-PA going on, maybe subconsciously.

Yeah. And you were reaching out and, uh, you're like, I think I need a friend. That was because I showed you who I was for a year and a half. And you felt safe to reach out to me. And I was like, yeah, I'm in. And we're like, let's, okay, let's skip the niceties. Let's just go all in.

Natalie: Well, 'cause you had been, so she, she, one of the things I told Diana is you can come into the forum and like, uh, you know, you can answer people's questions.

You can like, do, you know, just do the stuff like gi give whatever you wanna give. And so she did. So then I would see the questions that you answered and how you answered them. And that's, and then, and then I really appreciated the, the way that you were helping people. And then I invited Diana to be a coach inside of the program.

And so, and she accepted, and then she would sometimes coach, she'd do the group coaching, lead the group coaching sometimes. And, um, people loved her coaching and I thought she was doing an amazing job. And so. So then when I felt like I needed to reach out to someone and get some help or some coaching for me, she's the person that came to my mind.

I thought it, we just connected. I don't know. Yeah, we just connected. And it, I wanna,

Diana: I wanna give, um, to the, this, let me, how does, let me play out. When you notice someone you wanna connect with, like, let, let me go be me, let me go be authentic me, let me share myself with somebody else. I think that's. A courageous thing to do, and I think that's vulnerability.

I think of all Brene Brown's work, putting ourself out there as vulnerable. What if the person doesn't show up the way we expected him to? What if they reject us in some way? What if this doesn't go like I want? What if this relationship ends up creating some pain for me? And it's scary, and I think it's easier to step into this space when we do healing work on ourselves first.

I noticed in, in the very close relationships I have right now, there are people that I chose to get vulnerable with and really risk it, and they could have misinterpreted what I said. They could have twisted it. They could have spewed stuff back at me that hurt me or made me feel misunderstood. But because I had done the work on myself first to love and accept me.

I was starting to see what healthy looked like in me and I could start to recognize healthy in other people. So by the time I decided, and maybe that's what happened with you and me, okay. You recognized some healthy in me and I became a safer person for you to connect with. I recognized healthy in you and you were a safer person for me to connect with because we did the work in ourselves first to know what that looks like.

So you've mentioned before in. Do the Flying Free Fly. People in Flying higher, do they get access to Flying Free courses? Yep. Yep. Okay. So if you join Flying Higher, you can access a Flying Free course we've mentioned already, we mentioned it in episode 10 and other episodes, healing your relationship with yourself.

And I think if you are trying to, wanting to create real, authentic friendships with people and be brave to bring some vulnerability and have it mean something so you're seen and you're not lonely. You've gotta heal your relationship with yourself first. Yeah. So that you bring health to that. It's not gonna be perfect.

I'm not perfect with all my friendships. Sometimes like, okay, I was a little over the top there, or, uh, sorry, I, you know, I was grabbing for, I was trying to get something from you. I saw myself do it, but because I'm healthy now, I see that stuff. Um, anyway, healing your relationship with you and, and then go out and be vulnerable.

Slowly and selectively with people who seem healthy to you.

Natalie: Yeah. I think that the most important thing is that if, if you're going into a friendship, because you are, because you need something from that person to make you feel whole, that's when, that's when you're, no, you, you've not done your healing work, your inner work.

When you have done, when you have worked on healing that relationship with yourself, then you go into a friendship and you don't, and you, and that's when you can. Let them be who they are, and you can know who you are and you don't need that. You don't need them to fill this empty spot inside of you because you are taking, you are working in conjunction with or in collaboration with the Holy Spirit in your life to meet that, to fill that blank or that empty hole inside so that now you have something to offer that friendship and.

You can let them be who, who they are in that relationship, I think. I think that is so important. Yeah. Um, and the, the kind of segues into the next question,

which is about rejection. Um, how do we overcome that fear of rejection? But why are we feeling that reject? Why are we afraid that we're gonna be rejected if we already know I am whole and complete as I am and I just have something to offer someone?

Let's make a bid for connection and see if they're interested and if they're not. Then am I left with without something? Have I been, you know, am I left devoid of something important? Yes or no?

Diana: The answer is no. Yeah. So yeah, how do we overcome the fear of rejection when we're trying to initiate connection with somebody?

Um, also, I would say in addition to why do we need to feel rejected? I'm there half the time and then half the time I'm like, gosh, darn it, I know that. And yet I'm still feeling a little bit of rejection from this person. So I also choose to be willing to feel rejection sometimes.

Natalie: Yeah.

Diana: Because I've healed my relationship with me in so many ways.

It's not as deep, it's not as despairing. I'm just like, there it is. I feel some rejection. I wanted that I wanted to be included. I wanted that to go somewhere. It's not, they don't have time. They brushed me off, whatever it is. Uh, they said no. And I do feel a little rejected, and I'm okay.

Natalie: Yes. I think the key there is to recognize that a part of me feels rejected.

Yes. Usually a younger, more vulnerable part of me feels rejected, and that's okay if we say I feel rejected, like we're like, all of us feels rejected. We're actually just blending with that part of us and make, you know, giving that part, that one part of us that feels that rejection, all the power. And it's just a part of us.

Of course, that part, we can even say it like you were saying before, uh, that makes sense that that part would feel rejected. That part grew up thinking that, you know, having, being popular or whatever, or having people's attention means that I'm lovable. So if I don't get attention from someone, or if I'm not liked by someone or if I don't connect with someone, then I must not be lovable.

Of course, that part still thinks that, so we can let that part. Feel all of those feelings, but also know that it's really not about rejection, it's just about, again, like it's not a want match. The the other person is, this isn't working out. Maybe they're too, it could be that they wanna be friends, they just don't have time, or they could have a lot of other friends and they just don't have time for, for this friendship.

I have had a couple of people locally reach out to me, uh, kind of out of the blue and send me emails and just say, Hey, I know you from your work. Um. This is who I am. We actually live by you wondering if you wanna get together for coffee. And I, I, I think this seems like a really amazing person and maybe we could be great friends.

I don't know. I literally don't have any time. I don't have time for this. I just wanna, and I don't have the emotional capacity to add another relationship in, and I don't know who this person is and what if they are looking to meet a hole in them? And now I'll, you know, I'm gonna have to struggle with a feeling obligated to do that, and I don't want to.

Um, and so I just am like, no, you know, I'm not rejecting them. I just don't know if I have, I just don't have the capacity to add another person in my, in my circle. So, you know, that's just kind of how it goes sometimes.

Diana: I love you. I know. Backing up to the parts thing, I love you talking about the parts. A part of me feels rejected and a part of me knows I'm fine.

I've actually been, um, I know you've within. The Fly and Hire program, you've talked about internal family systems a bit, so if anybody's interested in that, just Google Internal Family Systems, but it's definitely this idea that we have different parts in us and I've been purposely journaling that way a lot lately.

I've, I've had been exploring different relationships over the last few months, and some of them have come with a lot of wrestling within me, and I'm fine with that. Sometimes and I journal about it and, and my journal is filled with me saying, part of me knows I'm fine. Yeah. Part of me is feeling a little desperate or part of me knows this is all gonna work out and part of me is feeling self-doubt and I'm just journaling that way a lot.

And I think as we explore friendships. Why not invite some of that differentiation in so it doesn't have to be this all or nothing.

Natalie: Yes. Like,

Diana: I ha I don't have any friends and so everything's terrible. No. Right now in my life, I don't have some close friends, and so a part of me is feeling sad about that.

And then there's a part of me that knows I can go out and create more friendships. Let's work on that. Yes, we have, we have all these different parts, and if we acknowledge 'em, this doesn't have to be as heavy as we sometimes make it.

Natalie: Yeah. Yep. Okay, let's talk about, let's get really practical and talk about where maybe you could share some ideas that you, maybe you haven't experienced, but they're just ideas that you have or that I have had, um, of where you could find new friends or make new friends for people who feel like I just don't have any new friends and I really don't know how to get new friends.

Um, and then what has been your experience in finding new friendships since your divorce? Was over

Diana: it. It comes in all different ways. Sometimes the new friendships are old friendships. Like I mentioned, I'm going out for a coffee and a lunch with people that I haven't seen for two people I haven't seen for 30 years.

By the way, can I

Natalie: just interrupt here? Yeah,

Diana: yeah.

Natalie: Mel Gib. Mel Gibson. Mel Gibson. Mel Robbins. She calls it the rubber band rule where some friendships will spring back at you later on. Oh yeah. Yeah.

Diana: Which is so fun. Okay, so, uh, so I, I've been intentional since before my divorce. I made a challenge for myself to have coffee with somebody once a month and to try to make it a different person.

Natalie: Wow. I love that idea. For 12

Diana: months. And then I, and then I did it again, and I do it at now. I kept track for the first two years because I wanted it to be different people every time. And so people could repeat, but they couldn't count as my one different

person every month. And so the most, I also limited myself, so I wouldn't get overwhelmed to a max of two coffees a month.

So one had to be a new, and the other could be a repeat. So I've continued, I still look at my calendar every month and I'm like, where is my lunch or coffee date? Uh, there's gotta be one. Some months I can have more, but I try not to overwhelm myself. Like two, three is my max, but I have to have one and so I can reach out to all sorts of people I've reached out to.

There was a woman who was just an acquaintance, who was a speaker at our church and at women's conferences, and she was at the church for an event. I had just volunteered to be a door holder when it started, and I didn't even stay for the event, but I went up to her beforehand and I reintroduced myself and I said.

It's gonna be out of the blue, but I'm wondering if you'd like to have coffee sometime. And she actually said yes. She could have said no, and I would've decided I'd be fine. But I did it and she's become kind of more like a mentor friend. Wow. And, um, I found another life coach that my, uh, somebody else told me about this life coach.

And I was learning about being a life coach and I'm like, okay, I'm gonna call this life coach and say, I'm thinking about being a life coach. Any chance my so and so told me I could connect with you? I had a connection. So people are more like people contacting you outta the blue different. Now, if I had introduced you to that person in, in your town and said, Hey Natalie, there's somebody who lives in Minneapolis who wants to have lunch with you, I.

I think I know her. I think that'd be a good fit then you probably would've said yes. Yeah, so I, I did that connection with an endorsement from somebody else. So you can ask people in your life too, like, is there anybody you know that I, you think I should connect with? I had that happen with, um, somebody say it was the pillars, time, proximity, and energy.

She said to me, I think you might like to have lunch with Tamara and connect with her. You guys are in similar time and place, or you're a similar time in your life, and it was a local person and so she became a friend. So a lot of it is just, is staying open. And then it could be through your work too. I mean, I know I've been blessed with the ability to meet people from all over the country and different countries with the speaking and entrepreneur coaching that I've done, but I've stayed open.

And so one time I was coaching at one of those events and I met a woman from Kansas City. And I was just like, I feel something here. Okay. It's almost like dating people. You feel an attraction, not an attraction. You would to the opposite sex, but you feel a friendship attraction. You're like, there is something here.

And so we stayed in touch and a year later she invited me to an event in Kansas City and I went. And now we're very close friends, so it's a lot about staying open, noticing people choosing to share phone numbers and stay in touch. Keep it low pressure.

Natalie: Yeah.

Diana: You know, there's somebody else too where I just, this person, I'm high school best friend that I haven't seen since my wedding in 1992.

I connected with her on Facebook a year ago and I said, it's so great to be connected. It will be fun to see each other in person someday. And then I didn't make the ask. Because I just wanted to plant the seed. Yeah. I'm not gonna pressure anyone. Yeah. And it's a year later now of us just doing, I found, I was going through old pictures this summer and I found one of us in high school after we were swimming and our hair was like poofed out to the max.

So we took a picture of it after it dried.

Natalie: Yeah.

Diana: And I sent her that picture and we laughed and, and now it is two months later and we're like, do you wanna get coffee? So you don't have to rush any of this stuff either. It's just notice where you can make connections.

Natalie: Be

Diana: authentic and see what happens.

All right. Gimme some of your ideas for practical ways to connect.

Natalie: Um, well this was brought up earlier in one of the earlier episodes. Maybe it was season one, actually. Um, meetups. I know Marie Griffith does a lot of meetups. And I, I have never done that, but that's something I think

Diana: it depends on your location.

'cause I'm 45 minutes outside of Milwaukee and I'm not happy with the meetups that are coming up.

Natalie: Okay. But if you're

Diana: in a more heavily populated Yeah, yeah. Meetups is an app. Mm-hmm.

Natalie: Yes. So, uh, just look meetups.com I think, and you'll. It's like art

Diana: classes, hiking, dance classes, game night, just for whatever.

You find groups that resonate with you.

Natalie: Yep. And you can go do that. You volunteer opportunities. There's like a local, uh, a local food shelf, like in my neighborhood and I dropped off some stuff there at Christmas time last year and I reme, it's the first time I'd ever been in there and I thought. Oh my gosh.

I could totally see myself volunteering here when I'm, you know, more, more, not, not as crazy busy as I am right now with all my kids and my business, but I could, I would love to volunteer here. You could volun be a volunteer somewhere. Community events, um, going back to school, I know people have gone back to school and met friends, friendships, going back to school.

Uh, church, you could still, I mean, I don't go to church anymore, but some people, if you, that's where you can meet friends. You know, in church, um, I, there I work out twice a week and one of the times that I work out has been a, there's another woman who consistently works out at the same time. And she and I have gotten to talking now.

We haven't done anything about it yet, but she did drop, it's kind of the thing like where you were talking about with her dusting the

Diana: waters.

Natalie: Yeah, exactly. She's like said, do you ever like go out for lunch after you're done eating or after you're done working out? 'cause we, we'd work out right before lunchtime and um, and I said, no, I just, I go home and work.

But, but we were, that was more at the beginning. So, but since then we've kind of been talking more and I kind of feel like. Like, we might end up going out for lunch sometime after we're done working out.

Diana: Yeah. It does kind of feel like dating when you talk about it that way. It does

Natalie: just a little bit.

It's kind of weird. But she's not divorced, she's still married. She has, I don't think she actually has any kids, so I don't know if that's gonna be a good fit. Only because I have nine kids and I'm divorced twice. You never know. Yeah, but you never know. It could be around something else. Um, our interest could be around something else, so.

Anyway. I think, like you said, I think just keeping your eyes open. Most of my friendships right now are online, although like I said, I've gotten together with some of those friendships and I will say there's a lot of people in Flying hire and some of 'em have even come on and testified to this. They met some of their lifelong friends.

It. Well, I guess we can't say they're lifelong 'cause things. Well, let me just tell

Diana: you one of my best friends who is also a Renew Your Mind Institute certified coach and my assistant at the Renew Your Mind Institute is from Flying Hire. And I met her, uh, through as soon as I joined four years ago. She's very funny.

We had a lot of good banter, and she is gonna be a lifelong friend. There's no way. We're, we're, we're breaking up as far as I can tell.

Natalie: Yeah. Yeah. And she

Diana: lives in Oregon and I'm in Wisconsin.

Natalie: Oh, wow. I know who you're talking about. She's amazing. Yeah. So, um, but a lot of people have actually met, some of them have met friends that they get together with, you know, once a year or twice a year, they actually have meetups and they're coming from all over the United States, and they have a meetup once or twice a year.

Some of them have met people in their region, so like a group in Florida, there's a group in Southern California that gets together regularly, like several times a year. And, um, they met through Flying higher and Flying Free. So that can happen too, and ha and does happen quite frequently. But again, these are

people who were intentional about ta visiting with people on our, in our private forum where, you know, where they're safe.

And you can do send private messages in the private forum as well. Um. And these are people who, you know, open that up. Like in, when you join, you can actually turn that off if you want, like, if you don't wanna get private messages from people, you don't have to have it on. But these people have had it on and we're open to other people, private messaging them and talking back and forth and exchanging phone numbers and getting together.

So, and

Diana: there's a, there's a post thread where you can, like if you're in the Midwest region or if you're in California, if you're in the Northeast. So you can go into those regions and post where you're at and see who's close to you.

Natalie: Yeah, and we have people, we have people in the uk. There's a small cohort there.

We have people in, um, Australia. Uh, it's a little bit smaller cohort. We have people up in Canada. Canada's really big though, so they're still like dispersed. I feel like if you came from Britain though, or if you were, is that what they call it? England? Britain, yeah, England,

Diana: Britain, uk.

Natalie: Yeah. Yeah. Okay. Um. I am a UK like person, a wannabe uk.

I I watch British crime drama, so I feel like I have a little bit of a,

I have a tiny little bit of English blood in me, so plus I watch British crime drama. So I sort of see myself as, you know, like one of them. Now I'm waiting

Diana: for you to bust into an English accent.

Natalie: I'm not gonna do that here. I do that with my kids, but I'm not gonna do it here. But anyway, yeah, I would, I, I would love to go over there and like see all those people that live over there.

We have quite a few of them. So anyway, I am just, well put

Diana: that on our, put that on the Natalie Diana bucket list. Maybe we'll go together.

Natalie: Exactly. Let's do it. Yeah. Alright, well, our time is up. Um, thank you so much for joining me again, Diana. Diana, you can find her and her work if you go to, it's the Renew Your Mind podcast, but the website is RYM podcast.com and you can find all of her stuff there, her podcast, but also all of the things that she does.

She's a private coach and she also, uh, she also tr. Trains coaches. She actually has a, you wanna talk about that a little bit? Yeah,

Diana: it's, well, I will briefly, it's the, uh, renew Your Mind Institute Life Coach certification program that I run twice a year. So whether you want to be a coach or you just wanna really go deep in your personal development and learn coaching skills like inside out to apply to your own life, uh, it's, it's a program that people love.

I put a lot of work into it to make it a comprehensive program. It's everything in there that I couldn't find when I got certified. Yeah. Yeah, and I also do free classes sometimes too. So all of that you can find anything that's currently going on. You can find at RYM podcast.com.

Natalie: Yeah, and they have, you have a way that they can get onto a mailing list, for example, if they want.

Yes. That's

Diana: on there too. You can get weekly emails from me, like everything's on that one page. Go find the buffet. And get the mind renewal tools that suit where you're at in your life today.

Natalie: Yes, and you can get on my mailing list too, if you want to. You'd have to go to uh, flyingfreenow.com dot com. Um, but if you do, if you do sign up on that mailing list, you'll get some information as if you are coming from a, you know, as if you are married and are in an abusive relationship.

However, um. You, there's eventually you'll get a chance to kind of self identify who you are, if you're divorced or not, and then we can stick you into a different funnel. But you can also just, uh, continue to, or you can go to join Flying hire.com and learn more. That's what I would do about that program.

Yeah. Yeah. That's what I would do too. Yeah. Go there. It's. Very, very affordable for what you're gonna end up getting for it. And um, we have lifers that have joined back way back several years ago when I started. And they're still going strong in there today because, because they just

Diana: wanna keep growing and they wanna keep growing and that is the place to do it.

Natalie: Exactly. We keep teaching classes, we keep doing, stu, we are studying together and discussing together. And it is definitely a community. You wanna have friends and be in a community. Join Flying, hire. All right you guys, that's it. Until next time, actually. Until next season. Until next season. That's right.

Alright, well until then, fly higher. Bye.