



XOXO, *Natalie*

In the spring of 2022, I gave an assignment to some of the [Flying Higher women](#) who had been working with me for one year or longer. They were challenged to think about some of the old beliefs they had prior to doing personal development work in [Flying Free](#) and [Flying Higher](#), and then write down their new ways of thinking about the same thing. One of the members shared her list with me, and it was so incredible. With her permission, we are offering Amie's hard fought-for-and-won-beliefs that have changed her life. I hope they provide an empowering example of what is possible for your own.

If you want to hear Amie's conversation with me about her transformational journey, you can listen to it in a three-part podcast series on the [Flying Free Podcast](#) (episodes 181, 182, and 183).

Old Thoughts - New Thoughts

By Amie Dawn

Old Thought

I believed that I was a good communicator and that if I could only find the right words in the right tone at the right time my husband would be less irritable/ angry and he would be happy.

New Thought

It is not my responsibility to manage anyone's emotions or make them feel happy. I could not help my husband if he was not willing or able to dig at the root beliefs that drove his anger and irritability.

Old Thought

I believed that my husband's anger was due to my bad behavior or mistakes, the children's bad behavior and mistakes, or the issues that popped up in life. If I could minimize these things or hide them then he would be happy and content with me, the children, life, and God.

New Thought

My husband's emotions are driven by his heart/mind beliefs and thoughts about people, circumstances, the world, and God. Controlling circumstances will deplete me and robs him of the opportunity for him to do his own personal work towards growth.

Old Thought

I believed that giving my husband sex when he wanted was an investment into the outcome of the next day. If I engaged in sex with him even though I was detached and was adverse to sex with him, he would be happier and less irritable the next day.

New Thought

I am a beautiful daughter of the King of the universe. Giving my body in the hopes of a good day is degrading and disrespectful to me. I honor and love myself and only give myself (mentally and physically) to those who desire true intimacy.

Old Thought

I believed that if I spoke words of concern to someone who claimed to me that they would take my words to heart and God would use that to change them. (Playing the role of the Holy Spirit.)

New Thought

I believe that it is the work of the person with the Holy Spirit to be convicted of destructive patterns. I do not have the power to convict.

Old Thought

Every conversation with my husband, children, or church needs to come to a consensus, common ground, and resolution. This resulted in me engaging in long, circular conversations, often with little to no resolution or landing on common ground.

New Thought

It's important for each person in the conversation to be able to express their thoughts and to be heard. It's important for each person to express their thoughts and listen to the other person's thoughts. This allows each person to take in the information and decide at which level of relationship they can be with that person. It is okay to have differing thoughts about things. It is okay to take a break or end a conversation if I feel that I or the other person is becoming emotionally dysregulated and/or the conversation is becoming destructive to me, the other person, or the relationship.

Old Thought

I believed that because God was all-powerful that God and I could manage things alone. I did not invite community into my struggles both inside and outside my marriage.

New Thought

God is powerful and with God, I can do many things but isolating and struggling alone kept me spinning my wheels. Inviting an educated and wise community into my struggle gave me support and opened up the opportunity to hear different thoughts about my circumstances. Accountability and support helped me dig at my own root thoughts and beliefs so I could change my thoughts and results.

Old Thought

I believed that if someone was angry or had what I considered negative feelings/emotions towards my choices that it meant I was bad and would be out of relationship with them. As a result, I capitulated, apologized, and withdrew opinions or boundaries I had voiced or put into place.

New Thought

Everyone has opinions and thoughts. If someone is angry about my thoughts, then that is their responsibility to manage their emotions. I am responsible for managing my own thoughts and emotions. If someone is upset about my boundaries it's okay.

Old Thought

I believed that if I took responsibility for everything that went wrong in the family then my husband would be kinder to our oldest child who has ADHD.

New Thought

My husband has thoughts about who our children should be that drive his actions and managing circumstances will not change that.

Old Thought

The subconscious belief that “hard” emotions like grief, sadness, anger, and anguish are too hard and can be sinful, so I should avoid them and anything or anyone that stirs those feelings in me. If I do feel these emotions, I will change my thoughts or distract myself with people, activities, or food in order to feel good.

New Thought

There are no good or bad emotions. All are needed to experience the fullness of life. Anger, sadness, grief, anguish, etc. are needed in the mind to process and often are on the pathway towards deep awareness or knowledge about myself, others, and God. I will not get trapped in these emotional spaces. Sitting with these emotions will not last forever and necessary for movement beyond where I am.

Old Thought

I believed that my church leaders were wise men I could trust and they would help me.

New Thought

I have to connect with God and have my own back. I believe that my church leadership is made up of human beings. Humans are a 50/50 mix of good and not-so-good. They are human like me. We all have the right to opinions and views. Their views about me are not necessarily the same as how God views me. Some will agree with my choices, and some will not. I am responsible for myself and they are responsible for themselves. If their views don't change and another woman experiences what I did then God will work that pain to bring deep awareness of truth just as God did in me.

Old Thought

I can lose many things but please please please don't make me lose my church family.

New Thought

God allowed some very hard circumstances to occur with leadership which broke my perception of church. God allowed me to lose my church. My perception of what church was and in that breaking new light shone through and new growth has come in me. That spiritual light and growth I now take with me and shine into the world. Taking church with me where ever I go, even taking it into the brick building of the organized church I belong to. Nothing separates me from the love of God. Church in me that I bring to the world.

Old Thought

If you love me you will support me by agreeing with all my choices and are able to emotionally support me in my journey. -a thought that popped up with my brother, church leadership, and family on my ex's side.

New Thought

People love out of the overflow of their hearts, they love at the level they are capable of, and they love with the same love they love themselves. It makes me sad but I accept that my brother is not able to be an emotional support person for me. He loves me at the level he is emotionally capable of. I accept that and accept the level of relationship we have instead of wishing for more. I can be sad and grieve what I hoped the relationship to be but I no longer push and manipulate myself or him in order to achieve the level of relationship we are not able to have together.

Old Thought

Because I engaged in a dysfunctional relationship with someone while I was married I have no right to talk about my church hurt or how I felt hurt in relationships. I feel deep shame when I hear friends speak of their husband's adultery.

New Thought

Yes, I made poor choices that affected others, but I was convicted and brought it into the light so that I could work on why I made these choices and make amends with the people who were hurt by those choices. I can speak of both how I hurt others as well as how others have hurt me. I can share with others how God is redeeming these things. I am the perfect person to walk alongside my friends as they deal with their husband's adultery because I am an example of owning my stuff, accepting the fallout, and allowing God to redeem me.

Amazing, right? These new thoughts have changed Amie's life. If you would like to experience these kinds of transformational shifts in your own life, consider joining Flying Free for Christian women in destructive relationships (www.joinflyingfree.com) or Flying Higher for divorced Christian women (www.joinflyinghigher.com). XOXO, *Natalie*