



# New Beliefs

## to Take With You Into the New Year

On January 1, 2024 I invited members of Flying Free and Flying Higher to share the new beliefs they learned that had changed their lives forever. Here are some of their answers:

"The belief I learned from Flying Free that changed me is things are just as they should be. Fighting reality only perpetuates anxiety, anger, and resentment, and keeps me fully invested in trying to change husband and everyone/everything else. Taking to heart Natalie's sound advice to change the thought "It should not be this way!" to "It should be this way because this is the way it is," shifted the trajectory of my life and the focus of my recovery."



"There's nothing wrong with me. I am not crazy. The only person I can change is me! Accept reality."



"I will never forget hearing Natalie say in one of her podcast episodes that people are eternal and marriage is not. That thought ROCKED my world. Why do we worship marriage instead of God and then wonder why we are confused?!? It was incredibly freeing to hear that God cares more about me as a person than He does about my marriage staying intact."



"I am not responsible for anyone but myself. It's okay for my adult children to have normal life experiences, including difficult ones. These two beliefs have given me the freedom to let others make their choices in life without feeling the need to freak out about them (even if I'm just freaking out on the inside). Since I'm only responsible for myself, I don't have to freak out at all! I have so much more peace."



"In 2023, I re-learned that I am a problem-solver and that I'm a smart, capable woman in my own right. I have a new confidence in myself."



"In January 2023 I met with a life coach and I came up with this saying which I now say each morning. It has absolutely created a new neural network and transformed my moment-by-moment choices and daily existence. Since I joined Flying Free in August and feel so free each day living in truth, this demonstrates a trajectory of healthy choices I made since developing the statement, therefore, for me, is evidence of how our beliefs about self and self-talk hold such power and matters deeply: "I will self-betray No More. Feeling safe is a priority as well as energy for my children and chosen vocation. I choose safety and truth-telling and truth-living instead of only making sure everyone else is OK. Therefore I ask myself moment by moment- is this person, activity or action worthy of my time or energy and will it cause me to feel unsafe or do I feel forced or obligated to do it? Then I will decide safety vs. natural consequences of other's own choices. I am loving my neighbour as much as I love myself by putting the needs of my Nervous System before the needs of others Nervous Systems. This care of myself will allow me to love my neighbour as myself in all the fullness of God's love for the world."



"I now believe that I can rebuild a life where it won't be smashed down or washed away by rogue waves that seem to find wherever I am. Until now I've had my attempts to rebuild wash away or blatantly destroyed by abusers for many long years. Now I have a group of caring, wise older people at my new church who are truly supporting me. I have better therapists for my kids who understand domestic violence and my type of co-parenting, instead of the old therapists who hurt us badly by their ignorance of DV families. I have a stable job. Plus I told my ex that he's no longer allowed in our home ever again! And I showed him I won't fall for his threats but I'll go to the DV workers as needed. I have all I need to build a good life that the abusers can't destroy because I'm no longer alone and unprotected. I believe I can retire my brain all over this year, now that the basic realms of life are secure."



"The belief that changed for me was the belief that my life, pre-divorce was not that bad. I believed that I could manage the effects of the abuse, that I had it all under control. Fact is, that abuse and the fall out of that abuse was controlling me. I lived in constant fear of rocking the boat and creating more abuse. My new belief is that abuse can not be successfully managed but it can be exposed. That exposure brought truth to light. That truth showed me how damaging my marriage had been to both me and my children. The freedom that comes with facing the truth, was lived out during the most recent holidays. There was no fear! How truly amazing for myself and my family."



"I've come to believe that I am my own rescuer and God has given me the ability to do so."



"The Belief that I've changed since being a member of Flying Free: God loves me and wants Me to make decisions that Glorify him and keeps me safe. I learned that I am in control of my belief system and have the power to change them for my good. God is good and beholds me as his beloved. I've learned how to distance myself from my abuser and found the strength to file divorce papers. I am excited when I think about what God has planned for my future."



"I am who I think I am, who I am striving to be: a good mother, a hard worker, a loving member of a loving new relationship. Who I know I am in my heart actually does exist, and she will grow and grow now that she is allowed to have life. I also learned that I cannot wrap my identity around my children. I have to let go if they choose to turn their backs on me. I can let go but still love them dearly and show them I am always there for them. The love in my heart will never stop. And I learned that I have a LOT of love in there to give! No more hiding it away! Thank you for freeing this butterfly from her cocoon! Happy 2024!"



"One of the new beliefs that helped change me as a person in 2023 is "I am exactly where I'm supposed to be." I'm not behind and I don't have to be ashamed of what I have not yet accomplished. My faith life resting in Jesus shows me I don't have to try harder or do better. I can receive my Father's love for me and know that He loves me with the same exact love He has for His son, Jesus. My new beliefs have helped change the trajectory of my life. I have peace, joy and for the first time in a long time I have dreams for my future. HE IS SOOOOO GOOD!"



Happy New Year Sisters! I have learned so much in Flying Free over the last year and a half. This list stood out to me in one of the modules.🦋

#### A Survivor's Bill of Rights

- I have the right to be treated with respect.
- I have the right to say no.
- I have the right to make mistakes.
- I have the right to reject unsolicited advice or feedback.
- I have the right to negotiate for change.
- I have the right to change my mind or my plans.
- I have a right to change my circumstances or course of action.
- I have the right to have my own feelings, beliefs, opinions, preferences, etc.
- I have the right to protest sarcasm, destructive criticism, or unfair treatment.
- I have a right to feel angry and to express it non-abusively.
- I have a right to refuse to take responsibility for anyone else's problems.
- I have a right to refuse to take responsibility for anyone's bad behavior.
- I have a right to feel ambivalent and to occasionally be inconsistent.
- I have a right to play, waste time, and not always be productive.
- I have a right to occasionally be childlike and immature.
- I have a right to complain about life's unfairness and injustices.
- I have a right to occasionally be irrational in safe ways.
- I have a right to seek healthy and mutually supportive relationships.
- I have a right to ask friends for a modicum of help and emotional support.
- I have a right to complain and verbally ventilate in moderation.
- I have a right to grow, evolve and prosper

Complex-PTSD: From Surviving to Thriving by Pete Walker



"One of my biggest frustrations in my healing journey has been that I haven't been able to rid myself of the belief that I have to obey my husband in everything. My church doesn't even teach that anymore (and hasn't for years) but due to those teachings getting drilled so far into me and the fact that my H has continued to demand my strict obedience, I haven't been able to change my mind no matter how many books I read or counseling sessions I attended. His regularly occurring hours-long rant sessions have continued to override anything else I learned. My therapist told me about Flying Free and I joined . I immediately started binging to the private podcast (I'm already through half a year's worth of content) and going through several of the courses, plus having listened to Natalie's book. I recently had the nerve to stand up to my H. He has been out of the house since then. I never imagined any of this would be possible, and if I hadn't stood up to him that night I'm certain our kids and I would still be living in fear of him, putting up with his constant emotional abuse."



"A loving person cannot fake cruelty but a cruel person can fake love. 🥹🥹 This truth actually crushed me but it did set me free to accept that all the "love" I received was never actually love.

- I am not now, nor was I ever, responsible for managing his reactions or behavior.
- I have no reason to fear his scary reactions. Those reactions are not a reflection of me, they are a reflection of him.
- I'm not crazy. It was always abuse.
- I am not stuck in this marriage. I always have the choice of leaving.
- My kids know more and see more than I realize....and they support me.
- If my husband reverts back to his old ways, I have done everything I could and I am at complete peace that I "gave him that last chance". I'm not "separating" again....it would be straight to filing."



"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect." Romans 12:2



"I have a lot of new beliefs but one that has seeped into my bones this year is that Jesus loves me. I know that seems strange because I grew up singing the song, "Jesus, loves me" and I was "saved" as a young girl. As a young wife and mother, I helped plant a church, built a women's small group ministry, and a served in other various roles within the church. I wouldn't have said it then, but I was trying to be "good" enough to be loved. I was hustling for love. Not only for God's love, but for everyone else's, including my own. I am coming to know God in a new way...a truer way. Gone is the image I had of him as the agitated father in the sky tolerating me and wagging his finger when I messed up. As I know myself better, I know God better. I know him better, and I know myself better. And on and on it goes. This is the journey toward wholeness and love. I trust my gut better than ever because I trust that God is with me, leading me and loving me. I am learning to be loved by him without hustling for it, without ministry, without legalism, and without my identity being tied to a church. God loves me and my growing awareness of his love - changes everything. It changes how I live and move and have my being in the world."



"So many new beliefs for me this year! Here are a few:

- I'm no longer a slave to fear. (I lived in constant fear and walked on eggshells.)
- Just because he says it, doesn't mean it's true. (He could be so convincing, twisting things around, making me feel like the crazy one, and I would doubt myself. Who made him king of anything? I love that song, by the way!)
- God doesn't care more for the institution of marriage than he does for the people in it. (I was held captive for many years believing that divorce was such a huge forbidden sin. I thought I had to serve my "life sentence" in this prison of a marriage because I made a vow and made my choices and this was just the consequence of my stupid, youthful, and naive decision. Truth: His abuse is what killed the marriage. I just took it off life support and finally declared date of death.)
- Submission (what God intended mutually and lovingly) doesn't mean I'm subject to him (man's grossly distorted definition of submission). There's a difference."

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