

## Ep #014: You are Enough



**Vulnerable  
to Valuable**

PODCAST  
*with Rosie Aiello*



Megan Fenyoe

**"You are Enough!"**



VulnerabletoValuable.com



### Full Episode Transcript

With Your Host

Rosie Aiello

## Ep #014: You are enough

Have you ever felt that you're not good enough? I know I have.

Not feeling good enough seems like a chronic challenge women have. It doesn't matter how successful or smart you are. Or even if you're a mental health therapist like my guest today is. Now she's saying enough is enough. And has created an entire movement around I am Enough.

Hi, I'm Rosie Aiello and welcome to the Vulnerable to Valuable Podcast. We talk about moving forward after experiencing narcissistic, controlling, demeaning and abusive relationships. If you've been in one of those like me, you KNOW what I'm talking about. You are not alone. You've been through some painful stuff ... shame, blame, that inner bully inside you. My mission is to lift and inspire you ... give you the ways you can reclaim your voice and value, your confidence, and the courage to BE the new empowered you.

Today coming up in the podcast, our guest Megan Fenyo gets vulnerable sharing how as a mental therapist treating trauma and abuse patients she got sucked in narcissistic relationship that shook her to her core.

We're going to talk with Megan Fenyo in a moment, and first a mini masterclass ...

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In today's podcast, my guest and I talk about not feeling good enough. She is the founder after all of the I am Enough Movement. We touch upon many topics during the podcast but when you dig a little deeper, you discover that the basis often comes down to not feeling good enough.

For this mini masterclass, I'm going to cover Freedom Fulfillment Pillar #4 Asking Confidently for What You Want.

If you don't feel you're enough, if you feel doubt about your beliefs and what you believe to be true about you, do you think you'll be able to ask confidently for what you want?

No.

Think of the times you wanted to ask for something that was important to you, you wanted to voice your opinion. You wanted someone to hear you. But then it never happened because all this stuff started rattling in your head. And you never opened your mouth to express yourself.

That's what happened to me for over 25 years. The ASK got kicked out of me. I was terrified to ask a question. I had been yelled at and ridiculed so many times by my now former husband, that I was filled with terror. I would shake in fear. I tried not to ask, but it was hard to not be me.

After my escape and later when, I started my business and dipped my toe into dating, I had a

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hard time asking people to work with me. Or voicing my desires and wants in the relationship or really anything where I had put myself out there.

Not being able to ask infiltrated my whole life, not just my personal life.

I wouldn't even ask the waiter to take back the plate that wasn't prepared as I wanted.

I wasn't truly experiencing the freedom I wanted. I got my physical freedom but that was the easy part. The only way to feel freedom is to feel free in your mind through your own thoughts, beliefs and feelings. It would take a while before I really felt free.

That's why this topic is so important. I am going to share with you 5 tips to get you started today so that you can confidently ask for what you want, but also so that you can show up empowered and confident in all situations.

### 1. Know Your Values.

You need identify what's important to you, to be able to stand in your power. If you don't know what's important to you, that just opens up the gates for you to be taken advantage of.

### 2. Know and Honor Your Boundaries.

You need to know how you want to be treated by others. You need to know what you will and will not accept in how you want to be treated. That may seem obvious, but it wasn't at all obvious to me. And it hasn't been obvious to my clients either. So don't judge yourself if you are unclear on your boundaries and how you want to be treated. Most of my clients in the beginning have only vague understanding of boundaries. They get it conceptually but have a hard time implementing it.

### 3. Know What You Want to Ask For.

You can't ask for something unless you can articulate what it is you are wanting. Again it's often easier said than done. Which is why it helps to have someone guide you to articulate what you are wanting and how to frame it.

### 4. Know Why You Want to Ask For It.

Understand why this particular "ask" is important--for you, or for others. Knowing your why will give you more courage and conviction to go through with the action of actually asking, or voicing your thoughts.

### 5. Ask for HELP!

You're probably great at helping others when they ask. You're the first there to help. You don't think twice when they ask. You see anything wrong when they ask for something. But when it comes to you, it's a different story. Right.

You forget to ask for help, thinking that somehow you should know what to do. Or you don't ask because you have all these thoughts in your head, like I'll sound needy,

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or I'll seem rude. All these made up untrue stories. So, do yourself a favor, and ask for help now! Know that asking for help is a sign of courage, not weakness. Brilliant minds like you know that you accomplish more and more easily when you get support.

*Growth comes from doing new things. New things can feel uncomfortable. Right? So Rather than let fear control you, which only makes you feel small and more diminished, allow and accept the uncomfortable feelings in the short term so that you can experience that growth and confidence, and what you want in the long term.*

That's it for today's mini masterclass.

Today you can get the entire guide How to Confidently Ask for What You Want by going to: [www.TheLoveisKindNetwork.com/PodcastAsk](http://www.TheLoveisKindNetwork.com/PodcastAsk)

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The only way to move forward and create an impact in your life is to know where you're at, where you want to go and what's holding you back. Get started by taking the Freedom Fulfillment quiz. In 4 short minutes you'll discover where you are, where you want to be, and what you'll need to do. If you are serious about evolving into a new empowered you, who can show up as the confident woman she once was, or wants to be then start now. Your life is waiting for you.

Go to: [www.FreedomFulfillmentQuiz.com](http://www.FreedomFulfillmentQuiz.com)

Today we're going to meet Megan Fenyoe, a mental health and trauma therapist, a former captain in the Air Force, and founder of the I am Enough Movement gets vulnerable and messy about her narcissistic relationship so that you too can learn to believe that you are enough, that you are perfect the way you are and you can create the steps to transform your life, one day at a time.

Megan Fenyoe will be here in a moment and first ...

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Thank you for downloading the Vulnerable to Valuable Podcast produced by the Love is Kind Network. We're just starting out, Please subscribe. Every 5 star review on iTunes and every share will help our mission to impact 100 M women worldwide who have lost their voice, value and authenticity in narcissistic, controlling and abusive relationships. Will you help us achieve that goal?

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Now to Megan Fenyoe, founder of the I am Enough Movement...

Let's go from Vulnerable to Valuable with Megan Fenyoe

**Rosie Aiello:** Welcome, Megan, my dear. I'm so thrilled to see you here.

**Megan Fenyoe:** Thank you so much for having me. It's always so good to see you.

**Rosie:** I'm going to tell our listener a little bit about you. Megan Fenyoe is an Air Force veteran, licensed clinical mental health therapist, speaker, and trainer, host of *The Blonde Bombshell* podcast, and *I Am Enough TV*, plus founder of the international I Am Enough Movement, a 501(c)(3) nonprofit organization.

She's also an Amazon best-selling author and recently published her book *You Are Enough: 5 Steps to Move From Struggle To Strength*. She has been featured on SiriusXM Radio, including the Jenny McCarthy Show, and over 300 TV, radio shows, and podcasts.

Through coaching, leadership consulting, and speaking engagements, Megan has helped hundreds of people accurately assess their challenges and identify ways they can change capitalizing on the strengths they already have while building new ones.

That is fabulous. Welcome again to the podcast, Megan.

**Megan:** Thank you so much.

**Rosie:** It's been fun to help each other grow and help others. You've come a long way as well, talking about capitalizing on strengths.

**Megan:** All in two years, if you can believe. Everything you read was in the last two years.

**Rosie:** You've had quite an amazing background, too, you're a powerful woman. Just bring our listener up-to-date about what you do, what you've been doing, and how you're making an impact.

**Megan:** I have a private mental health practice and then I also am a contractor at a chronic pain office, which is awesome because I also live with chronic pain so I provide mental health treatment for patients that are dealing with chronic pain.

My main passion and my focus right now is the *I Am Enough Movement*. It's keeping me super busy because I have no idea what it means to run a nonprofit.

**Rosie:** I know the work you do and I've seen already the impact you've had and it's been really fabulous. Before or during all of this, there was something that happened. You were in a

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relationship that made you look at things differently and said, "Gosh, I never felt I was enough." Can you share a little bit more about that relationship, so they get a picture and where you're coming from there?

**Megan:** At the age of 34, I had commissioned as an officer in the Air Force and moved from Michigan to California and I was providing mental health treatment to active duty members, I was a Captain. I wasn't looking for a husband but, lo and behold, there he showed up and I found myself in a whirlwind of a relationship and we were married within 11 months. There were some red flags dating, but I really didn't pay attention to those, but there were a ton of red flags after we got married. He just started to change, I started catching him in a lot of lies. He ended up having an affair for 14 months of our two and a half year marriage. He kicked me out of our house twice, he filed for divorce four times and pulled the papers. Just very narcissistic abuse, some physical abuse but, for me, it was the emotional trauma that really rocked my core.

Even as a mental health therapist, I did not really understand the scope of what was going on because he made me feel like everything was my fault, like I was the one that caused the affair, I was the one that caused him to lie, I was the crazy one. He never told me I wasn't good enough, but I created that story in my head based on his actions and behaviors. So little by little, I started losing the sense of who I was and my self-esteem although, on the outside, honestly, people probably wouldn't even notice it. My close friends, obviously, did, but I tried to keep it together and I kept working and just really didn't take care of myself.

He finally filed for divorce in 2016 and I ended up remaining faithful and committed to him for two years after that because I was just in this manic mode of it's all my fault, I've just got to do this better. He kept dating me, we kept seeing each other and he was making these promises and just kept me on this string. I eventually moved from Northern California, where we lived, down to San Diego and still was staying in touch with him. The last big incident occurred in February 2018, and long story short, I had basically found out that he had moved in another girl, a month before our divorce was final, and she had been living in our home for two years while he was with me. I had never gone back to the house after the divorce, so I didn't even know she lived there because he'd always come to my house or we'd meet in public. We were dating and I didn't even know this woman existed. Four months before that, I had lost my six-figure income, as well, as a therapist. So February 15, 2018, I basically kicked him out of the house. It was not a pretty interaction, but I kicked him out and I have had no contact with him since, at least on my side. Of course, he is a narcissistic, abusive man; he still continues to contact me but I have not returned any messages.

And so there I was, literally had lost everything, my six-figure income and this man that I literally thought was the man of my dreams, and I was like I am literally nothing. I have nothing, I am nothing, I am not good enough. What am I going to do? So I ended up getting into therapy, my own therapist, and started really doing the difficult trauma work to rebuild me and find that closure. The big thing for me was not finding the closure from him, because I was never going to

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get that closure, it was so profound when I came to that realization that the closure was going to be closing the woman I had become when I was with him. Once I was able to do that and say this woman no longer exists, that is when I really started to get into my healing work and started writing affirmations and things on sticky notes and had them all over the place and was using that as a way to combat my negative thoughts into positive.

I also began writing. I never thought that I would be a writer, but I wrote my best-selling book in those five months of my trauma work, so that's kind of where it is. The last two years, the book and then the movement, and all of this stuff has happened in the last two years. I have a private mental health practice and all of that stuff, so it's been a whirlwind.

It was six years of my life that I don't blame myself for staying in it. A lot of people, I think, that deal with these type of relationships, abusive relationships, there's some guilt and there's some blame about why did I stay in so long, and I know that you have talked about that, too, on my shows, and I really didn't have that because I allowed... The big word for me during all of this trauma work was grace. I had to give myself grace and be okay with the fact that I was traumatized. Even though I'm a therapist, I'm human and that's okay to have stayed as long as I did.

**Rosie:** I think it's good to hear that because there is a lot of blame and shame and guilt and the could-haves and the should-haves - if I was just better, if I could have just loved him better. You hear it all the time, I hear it all the time, and you tried, I definitely tried. Even my story, I was married almost 25 years and planned this international escape and, even within that four-month period before, I kept trying. It was like, okay, maybe... It's just like that hope. To hear you, as someone who's trained and a therapist, it's like remember we're all human and I think, just by your stories, that you're giving people permission not to shame themselves, not to blame themselves, not to be guilty. I just want to thank you for being vulnerable to share that to help others come out of their shell of this whole thing. It still means they need to take the steps to do that, but at least is that that's such an opening.

**Megan:** It is. When I was writing the book, it's the five steps to move from struggle to strength, and so those steps were the steps that I actually went through when I was doing my trauma work, so I know that they work. If it wasn't for that, I would still be stuck and, even today, I still struggle with limiting self-beliefs and, at times, believing that I'm not enough, which is why I created the movement. Because I'm human and the more that we can be honest with ourselves and say, "Hey, I am a hot mess half the time and I don't have it together and that's okay," the more grace and kindness that we're able to give ourselves.

**Rosie:** That is so beautiful because I think that's the other thing. Like you said before, "I showed up really well on the outside," I think that's just such a huge thing. We try to keep it together and, even now when we're out, we still try to keep things together. We try to project what it is, forgetting that we're human. I remember when my therapist told me, she said it's a normal,

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human reaction to be feeling crazy, to feel upset when somebody is basically terrorizing you, which is what that kind of behavior is, and I thought, "Oh, I'm normal. I'm having a normal human reaction." It was like the first time I realized I was human.

**Megan:** Exactly, right? It makes you feel like you are not all of those things and you don't realize how it truly affects you when people say that. Because I always thought it was in ear, out the other, but people could see my belief in what he was telling me in my actions and in my behaviors and being irritated and on edge all the time and all of that.

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Every episode I offer a mini masterclass on the 11 Freedom Fulfillment Pillars. You can get the guidebook to all 11 Freedom Fulfillment Pillars right now. Simply go to [VulnerabletoValuable.com](https://www.vulnerabletovaluable.com) and hit the subscribe button to get your copy.

The only way to move forward and have an impact in your life is to get awareness of where you're at and discover what's holding you back. Following the 11 Pillars I was then able to develop strategies to create my business, become an international award-winning entrepreneur, speaker, and author, find the love of my life and I use these pillars every day to create a fulfilled life. These are the same ones that I use with my clients. And now they are yours free. Go to [VulnerabletoValuable.com](https://www.vulnerabletovaluable.com) and subscribe.

And we're back with Megan Fenyoe, therapist and leader of the I am Enough Movement.

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**Megan:** It's a defining moment when you can finally get to that place of acceptance and be like, oh my gosh, I am not all of these things. I am perfectly imperfect.

**Rosie:** Yes, and I think that is such an important message to really highlight with these women. Did you have any health issues as a result of that?

**Megan:** Oh yeah. It's funny because I am a blonde, but I get my hair done every five weeks because of the gray, but I did notice, definitely, my hair, the stress levels, I was way more gray. I definitely was working out way too much and not eating healthy, so I was a lot smaller. I just wasn't taking care of myself because what I did was I was working full-time and then I opened a private practice and started a network marketing business. So when I learned about the affair, instead of getting help, I just got busy and I was working like 60, 65 hours a week, not eating, I was drinking a lot of alcohol - not like have an alcohol problem, but going out with my friends too much - and then I was having these other two businesses and not sleeping. It was insane.

The funniest thing is I didn't notice it, but it was about three months after I walked away from my ex and someone that hadn't seen me, maybe it was like six months or something like that,

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and they didn't know what had happened. They said, "Megan, what has happened? You just look so different. Your skin, your face, just the way that you carry yourself," and I was like, "Really?" As time has gone on, my family has told me that too, just how on edge I was. I didn't realize any of that and it was just crazy. So yeah, my entire physical health was a mess. I was getting sick all the time, it was crazy.

**Rosie:** I was just talking to somebody earlier, the same thing. When you're in it, you're aged and then when you get release, even though you haven't done all the trauma work, you're just like this new freedom of being able to be you. But, at the same time, all these health things that we tend to ignore, I think women don't put it together. They don't match it that their relationship is causing these physical issues. And like you, your coping mechanism was being really busy and working. That was mine too, I felt if I was not just going forward and moving, I was going to fall down so I just kept going so I wouldn't fall down.

**Megan:** And I'm still like that, but I try to pay attention. Because I'm still in therapy because I love my therapist, and so she's kind of my accountability partner in saying, "Are you doing all of this because something else is going on?" And sometimes, maybe yes, but now, no, but I love that I'm able to look at that and say am I staying this busy because I'm trying to avoid something? Because, usually, it's the polar opposite - you're not getting out of bed because you're trying to avoid something.

**Rosie:** Exactly. Did you have challenges, either during or on your process too, of learning how to ask for what you want and how to express that?

**Megan:** I still have problems with that!

**Rosie:** And how to receive. These are some of the challenges that we go through.

**Megan:** Yeah, and I'm a total empath and I'm therapist, so I have that heart to help other people and to always go above and beyond and not expect things in return, but there has been some times, to the point where I was hiding, like at the end, like the last year, I was kind of hiding to my friends that I was still talking to him and this and that, so I couldn't go to them when I needed them. My friends were always there during this whole process and so, for that, I'm very lucky. I never felt like I couldn't, except when I started hiding it to them, but I never felt like I couldn't call them or anything like that.

But now, especially dealing with the nonprofit and stuff, asking for help, I still struggle with that because I feel like I've been so independent for so long and I've been through not just that trauma with my ex, but I grew up in a very abusive home and I have a learning disability and all of this stuff. I just kind of feel like I've just been on my own for so long that it is difficult for me to ask for help, but the nonprofit is teaching me to do that more because I can't do it on my own and there's things that I want to do to help domestic violence survivors, and so that helps me ask for help because it's not actually for me, it's for other people.

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**Rosie:** It's a good start.

**Megan:** I know, it's a good start, yeah.

**Rosie:** We'll give you a couple of points for that. But, seriously, this is part of the challenge that I find that women have is, one, they don't even think to ask, that's one. Two, when it's like this is what I want or need or something, then they don't even know how to articulate it, so there's these big hurdles. And when you've been put down, your ability to ask has just been crushed, so you already have some maybe weaknesses, and then it just becomes a big snowball.

**Megan:** I just wanted to say that because, as you were saying that, for some reason, this image popped into my head. I remember, because I ended up having to move like six times within six years of me being with him because he kicked me out of the house twice and asked for me back and I moved back and blah blah, and I remember that he only helped me move once. One of the times, he literally sat in the living room as I was moving all my stuff. It's funny that you just said that because what it hit in my head was that's why I have a hard time asking people to help me to move. Because I haven't moved in a while, but I was thinking back and I was like I've been in California for eight years, nine years, and I've always had a hard time, especially after him, asking people to help me to move.

**Rosie:** Because you made that association, moving, no one is going to help me, for sure.

**Megan:** Yeah.

**Rosie:** I definitely hear you. On the flipside is receiving. I remember, in the beginning, it's like he's so kind. I didn't know how to receive exactly what I wanted. I didn't know how to receive the kindness because I didn't trust myself, I didn't trust him, and it just felt weird. Having somebody to be kind to you felt weird and we don't want women to push kindness away. Did you have a similar experience?

**Megan:** I think for me, I think the biggest challenge, obviously, is asking for help. The kindness, in a way, I don't feel like I struggled with that because maybe it's because I am a therapist and I've always felt like I was good at what I did, even though he, in a way, made me feel crazy. So the kindness from men, like dating, that's a whole other story, I don't believe that.

**Rosie:** That's what I mean.

**Megan:** Oh yeah, no. I don't believe. There's hardly any trust right now with dating or anything like that. I literally just, yeah, there's nothing, so yeah. I sort of am like, "Are you talking about men or not?" But, yeah, asking for help and receiving compliments and kindness from men is difficult, especially because I feel like I might fall too hard with the kindness because that's what my ex did. My ex was the picture-perfect narcissist. He flooded me with gifts, he gave me the best compliments and all of these things and I just fell head over heels for him. And so, yeah, that's definitely difficult for me to receive because I don't want to fall back into that.

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**Rosie:** Of course. There's still lots of journey that women still need to go on.

**Megan:** And that's okay.

**Rosie:** And that's okay and it is a journey and it is your own journey, as we each got keep going through that. What self-care habits have you developed now?

**Megan:** I love self-care, although I'm going to be honest, because I always like to be authentic and real, I don't do self-care as much as I should. I'm a huge workout junkie. Life has kind of taken a turn in the last couple months because I was in a really bad car accident, so I haven't been able to work out as I wanted, and now we're in isolation, but my roommate is my accountability partner. My self-care is getting up in the morning and doing something like on the TV, some type of work out, also going for a walk every day. I love my quiet time, I love just turning on, like I'm a Christian, so I love my Christian music and just having worship time. I love to do adult coloring books, like the color stuff, and I love my affirmations. I'm actually starting to do some visual coping card, like a spiral notecard book, now that I'm in isolation, with some quotes and things like that. I love anything that is inspirational or quotes, anything that I can just rest my mind and just do something that, literally, doesn't make me have to think.

**Rosie:** Can I give an affirmation to you?

**Megan:** Yes, please.

**Rosie:** You are enough.

**Megan:** And you know what? I appreciate that and I believe that. I do, I truly do.

**Rosie:** The reason I want to say that is like, "Yeah, self-care, but I'm not really doing it as much," and I'm listening to everything that you are doing and I would say you are probably doing way more than the average person.

**Megan:** It's a little crazy.

**Rosie:** Again, maybe it's just the women I attract, it's like we're so much alike because we have such a standard that we keep. It's like we never feel enough because we know we can do so much more but we have to put that into perspective, that we are enough, to keep repeating that I am enough and I am human and every step I take is on my path to healing and creating the life that I deserve.

**Megan:** Exactly, and I love that you just said that because I was actually talking about that with my therapist this week because she was asking me how am I doing being at home and all of this stuff. I said, "To be honest, I'm really trying to embrace it," because I realized, and this was an a-ha moment for me in the last week, that I realized that I feel like enough when I'm busy and I don't want to feel like that. I am enough no matter what I do - if I lay on the couch, if I do this or do that. I've been in the house it'll be two weeks on Friday, I've been out twice, and I'm really

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embracing that. I'm really embracing it's okay if I sit on the couch all day and I'm enough. I know what I'm doing and I'm helping people and I don't have to be doing it every single minute of the day. I'm enough for me. And so it's been great, it's been a great learning experience for me over the last couple of days because of everything that's going on and just being okay with just being.

**Rosie:** Exactly, so it's not doing enough, it's the state of being and that's a state. That's who you are. I am enough. That's the verb to be.

**Megan:** Exactly.

**Rosie:** It's perfect, right? It's just perfect and it's interesting how we are doing this work to train our own self.

**Megan:** Oh yeah, all the time.

**Rosie:** All the time, and that's just so beautiful and I really appreciate you sharing that. Can you talk a little bit to really starting to know your own truth? I went through different stages on that path.

**Megan:** It's funny because I also am in the midst of writing my second book, which has, obviously, taken a seat back just because of everything that's going on with the nonprofit, but one of the chapters talks about owning your truth and it's basically unapologetically owning who you are. The truth is I am a hot mess and I own that. I just love using the word hot mess because like I'm sitting here and I'm sweating right now, I've got armpit sweat going on and I sweat all the time and I'm always here, there, everywhere and, half the time, my hair is not done and I'm okay with that. And so that is me living in my truth and I also think about that as my values. My top three values are authenticity, integrity, and honesty and so, for me, living in my truth means that I'm living in my values. Again, I'm human and so there's days and times where I do not live in my values, but for the most part, me living in my truth means that I am adhering to my values.

**Rosie:** I love that you said these are my values, I'm living into my values, and I think so many women don't even know what their values are and you know that. And again, you keep repeating, which I think it needs to be repeated a million times, "I am human. Sometimes I don't live in my values," and to keep giving that permission that it's like, okay, maybe I got upset and snapped somebody, but it's not who you are, that's a moment in time. It's always looking at the behavior, the pattern of behavior, right?

**Megan:** Exactly. And the more important thing is how do you deal with it when it's done? If I snap at my roommate, if I don't acknowledge it, that's the problem, I'm not living in my truth. But if I acknowledge it and say, "Hey, Jackie, I just kind of flipped out on you or I got angry at you and I apologize for that," that's me still living in my truth because I'm having integrity by

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acknowledging that I screwed up and apologizing for it. So even when you do mess up, you can still live in your truth, depending on how you react to it after.

**Rosie:** Yes, absolutely. And again, these are, I think, as they're listening, I can just hear them go, "Yes! Oh yeah, I like that," and they can just really relate to themselves because this gives them permission that nothing is wrong with them. Nothing is wrong with you. You went through a bad situation, you're, hopefully, out of it now. If you're not, you know there's a path to that because you deserve to be treated with kindness, respect, thoughtfulness, and to know, always, that you are enough absolutely. And that's a state; you don't have to do anything to be enough and that's why I love your movement so much.

**Megan:** Yay, thank you.

**Rosie:** So many people can really relate to that and I fully support that. With the Love Is Kind Movement and the I Am Enough Movement, we're just going to create lots of love and really empowered women to do that. Do you have any other insights that you can share on your path to maybe not so much forgiveness, but just your self-kindness, your self-compassion, some of these other tools that maybe aren't talked about so much?

**Megan:** Goodness, I have so many tools. I've been a therapist for 15 years. The cool thing is if people go to my website, there's a ton of resources on my website that people can download for absolutely free.

Forgiveness is a huge one and I'm actually writing about that in my second book because I think so many people think that we have to forgive others but when, in fact, we really have to forgive ourselves. And so anything that you can do to better your thoughts. Because our thoughts control our actions, our behaviors, everything, so the more you can practice kindness, whether it be like thought stopping, saying, "Wait, here's a negative thought. I shouldn't be thinking that," and learning to replace it with something positive, whether it be a visual coping skill or a favorite quote or a meditation, whatever, that is what's going to help you and it's practice. You have to keep practicing and practicing and practicing and it's okay if you have some days where those skills that you're using don't work because, again, you're human so there's going to be days where they work and days that they don't and that's okay, but you have to keep practicing.

So there's all kinds of stuff, there's different types of things to distract your mind, there's visual coping skills, there's meditation, all kinds of different stuff that you can do to help with that kindness for yourself.

**Rosie:** What's been some of your favorite ones that you personally have done? I'm sure you've used them all because you created those, but are there ones that you practice, in particular, that just gets you really back and centered?

## Ep #014: You are enough

**Megan:** Oh my gosh, my vision board is in my bathroom. I actually have to make another one, but I made this vision board when I was going through the stuff when I walked away from my ex. I was living alone at the time, so it was on my back door so I saw it every day, but now it's in my bathroom and I love it because I see it every morning while I'm getting ready. It's completely memorized, but my vision board is a bunch of quotes and different things and so I look at that every morning. Obviously, my cards because I have one in my car, I've got one here on the kitchen table, I've got the cards everywhere.

**Rosie:** Her cards say, "I am enough."

**Megan:** Oh yes, the cards say, "I am enough," and then on the back, it has the word, "Because," with three lines and you can write why you believe you're enough. And they're free so you can order them. I'm a huge visual coping skill fanatic, so anything that I can see that I can read, because that immediately distracts my negative thought and puts it on something that's positive.

**Rosie:** I love that. You mentioned that you had lots of resources on your website. How can they grab some of those resources?

**Megan:** You can just go to [meganfenyoe.com](https://meganfenyoe.com) and it's under the resources tab. There's lots of good stuff on there, there's some webinars, lots of free downloads. My top 100 positive affirmations are on there and a bunch of other stuff. Pretty much everything is free if you go there.

**Rosie:** I really appreciate your generosity. And then do you want to spell your last name for our listeners so they get it? It'll be in the show notes, but some people just want to hear it.

**Megan:** They want to go right now. So it's M-E-G-A-N, and then my last name is F, as in Frank, E-N-Y-O-E.com.

**Rosie:** And finally, what does love is kind mean to you? The Love Is Kind Movement was started with thinking that real love is kind, not terrorizing, not hurtful, not demeaning, not controlling. What does love is kind mean to you, Megan?

**Megan:** Love is kind, to me, I always focus on the inner self and, for me, it's kind of like my tagline, unapologetically owning who you are. That means that you're kind to yourself and you're kind to other people because that's who you are. They're going to get you full-force if you literally are the person who you are and you make no apologies. So love is kind is just living unapologetically.

**Rosie:** I love that. Thank you for your brilliance, for your energy, for your vulnerability, and showing others how they can become valuable in the process.

## Ep #014: You are enough

**Megan:** Thank you so much. Thank you for everything that you're doing in this world. You're an inspiration to me and for all of your help because you've really helped me as well with my nonprofit and all of the ideas, so thank you so much.

**Rosie:** It's been my pleasure and we will continue to do that together.

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