

## Ep #024: Keys to an Emotionally Healthy You



The image shows a book cover for 'Vulnerable to Valuable' by Rosie Aiella. The title is written in a mix of red serif and cursive fonts. Below the title, it says 'with Rosie Aiella'. On the right, there is a circular portrait of Linda Shively, a woman with brown hair smiling. Below her name, the subtitle reads 'Keys to an Emotionally Healthy YOU'. At the bottom right is the 'Love is Kind Network' logo, which features a heart and the text 'Love is KIND NETWORK'. On the left side of the cover, there is a photograph of Rosie Aiella, a woman with dark hair wearing a red dress, sitting in a white chair and smiling.

**Full Episode Transcript**

**With Your Host**

**Rosie Aiello**

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She already felt like she was walking on eggshells. She told herself that she'll just do everything he told her to do and everything will be fine. Until the day he threw the package of frozen food at the back of her head. She knew it was only going to get worse. Discover what key strategy saved her and opened her to a new life.

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.

Our guest Linda Shively, award winning speaker, grief leader and master executive coach gets vulnerable when she shares the tough and scary decisions she had to make once she realized that she was in a very unhealthy relationship, and what she needed to do to move forward in her life. She faced incredible challenges and grief, yet step by step created an empowered woman. Stay until the end to discover her journey.

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

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In today's mini masterclass, I'm going to dissect healthy and unhealthy relationships. As I share, keep in mind that the first relationship you have is with yourself.

Women often share that until they have heard me speak they didn't realize that they were in an abusive relationship, a very unhealthy relationship.

That belief shows how much women blame themselves and take responsibility for someone else's behavior. "If I just did this better, then it would be better. He'd be happy and all would be good." Right? I had that belief, too.

That's exactly what I did. I was married 18 years before I even knew I was in an abusive relationship. So, that's why this work is so important and important to me to share it.

And what I want to talk about today, I will go into a little bit of the unhealthy relationships as I'm talking, but I want to focus more on, what does a healthy relationship look like?

So what I want to talk about is the healthy side of the relationship. What does that look like? And what does it look like specifically for you as you. I have a long list of healthy and unhealthy

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relationship characteristics, and I'm going to just talk about one or two of them today. The one that I want to talk about the most is, in a healthy relationship, you can be your authentic self with him without having to compromise your true essence.

If you're like me, it's like, "Well, what is my true, authentic self? What's my true essence?" When I came back after my international escape, I kept hearing those words, "Oh, just be your authentic self." I swear, I really didn't know what that meant. I didn't know how to be my authentic self. And this is part of the problem.

What has happened is that in the relationship, whether you were in a relationship a few weeks, a few months, or in my case, a couple of decades, some people have been in it more, it doesn't really matter how long once you get sucked into these narcissistic relationships that can really take you down. There is always this sort of trying to prove yourself, right? You feel like you're never enough. How many of you say, "I'm not enough? I was never enough."

Now maybe you're not even in the relationship, but you still have those core beliefs. Or, "I try to do something for him, and I do it." You're smart or accomplished in so many things. I'm talking to you. I know. And yet with him, we're just a big fat failure. Sometimes this is what we call it drives us crazy or we call it crazy-making, but we're not thinking that way yet. We're not realizing that because we keep trying and trying. The heart of this is, our need, if we're going to be truthful, is to please people. Well, we just want to make him happy. That's people-pleasing. We don't make anybody else happy.

So every time you give in into what his demands are just to keep the peace in the relationship to think, "Oh, well, if I do this thing, that's going to make him happy." Every time you do that, you know in your gut that it doesn't feel good, that it's not right. "Gosh, darn this one time. I'm going to really do it. It's going to work this time." But let me tell you every time you do that, every time you give in, you give up a part of you.

So layer after layer of your authentic self gets buried one after the other. Every time there's a demand, every time you're giving in, you're covering up your true essence. And so she gets buried. She's already probably gotten buried from people destroying their values on top of you. "This is what you should do, this is how you should behave," people constantly telling you.

Now when you're a child, you're being formed. So that's okay. You have things to learn. But as you're an adult and you start listening to religion, I'm not dissing that, but you have to be aware of how you show up. Are you showing up because people tell you that's what you have to do, or are you stepping back and actually asking yourself "Who in the heck am I? Who am I? What's important to me? What is my true essence?"

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So that has been the journey I have taken and the part of the journey that I take my clients on to really start to unveil what matters to them, how are they showing up, how do they want to show up. I only work with successful women. It's just how who comes to me. But they're still saying, "I have to settle." Well, let me tell you, when you settle, that's just another euphemism, another way of people-pleasing, another way of giving up who you are.

This is your one life. Why do you need to give up who you are? Look, I gave up my life. I gave up who I was for 25 years and no one on my watch is going to do that, that I have anything to do with. Nobody.

You deserve to be treated with kindness. And that starts by being kind to yourself. And being kind to yourself is not people-pleasing because you're just lying to yourself and lying to them. It's not settling because again, if you're lying to yourself, it's not proving yourself in an intimate relationship. You don't have anything you have to prove. Nothing. You are 100% lovable. You are 100% worthy. You are 100% enough. And there is nothing you have to do to prove, because once you get into that proving position, you are now covering up your authentic self.

You are worthy just as you are. It's your job to protect your true essence and your authentic self. First, you need to identify. Find out who that authentic self is again. Who is she? Who is the real me? So many of my clients just tell me, "I hate to talk to women all the time. The mantra is I lost myself." You lost yourself.

But we're talking about now creating a new you. So you lost yourself, but now let's create a new empowered you. And it starts by finding out who that authentic you really is. So when you are in a healthy relationship, you're not proving yourself. You don't have to prove yourself.

I'm in a beautiful relationship now. And he never tells me what I have to do. In fact, he will tell me, "You don't have to do this. You don't have to cook. You don't have to." It's just almost the opposite, though I love to cook. But he doesn't tell me I have to. He's not ordering me around ever. He's not making the relationship conditional on what I do. Those are not healthy relationship characteristics.

So I just wanted to share this with you to get you thinking about that because you matter. Your life matters. This is your precious life right now, right here. How do you want to live it? How do you want to show up? Who do you want to be?

Again, you deserve to be treated with kindness and it starts by being kind to yourself.

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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: [FreedomFulfillmentQuiz.com](https://FreedomFulfillmentQuiz.com)

Today we're going to meet Linda Shively, award winning speaker, master NLP coach, and brain expert who transformed her life so you can connect, communicate and create a healthy relationship with yourself and others.

Linda Shively 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 Linda Shively, grief leader and master executive coach

Let's go from Vulnerable to Valuable with Linda.

**Rosie Aiello:** Welcome, Ms. Linda Shively. I am so thrilled to have you here today.

**Linda Shively:** I am so excited to be here, Rosie.

**Rosie:** I want our listener to hear a little bit how fantastic you are, because I know how fantastic you are, but they don't know you yet.

So you are an award-winning speaker and you have presented across the country from places like Walmart to Carnegie Hall. You've hosted a show on cable television and filmed in a movie with Winona Ryder and Jeff Daniels. And you have been studying the brain and mind function for

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over 30 years. You are now a master practitioner of Neuro-Linguistic Programming and Executive Coach. And you help professional women reduce their stress and overwhelm by changing their self-sabotaging patterns.

Talking about self-sabotaging, wow. Welcome again. And I have not spoken yet to any woman who hasn't had some pattern of self-sabotaging. Isn't that amazing how the brain works and how we do that? And if you've been in an abusive relationship, it's like on top of you, right?

**Linda:** Definitely. One thing after another.

**Rosie:** So, tell us a little bit about your experience in that realm.

**Linda:** In December 2005, I had to make a really tough decision. I had to figure out how to escape an abusive marriage with my severely handicapped three-year-old daughter, Jessica. And Jessica is the light of my life. She has so much energy, is super excited about everything that she does. She has a condition called spinal muscular atrophy. So it affects her ability to sit, crawl, walk, and even swallow and breathe. She does have the strength in her index finger to be able to drive her power chair and control her communication device because she can't speak because she has a tube to help her breathe. She loves to read. She loves to be around her friends and family. And it's not a great place.

My marriage just... I always felt like I was walking on eggshells and no matter what I tried to do, I felt like, "Okay, I'm going to do everything exactly the way he wants and everything will be fine." And you're smiling and you know that that doesn't work. I knew it was bad, but I didn't quite get it. Until one day, I was taking care of Jessica and he was upset about something and threw a package of frozen food at the back of my head. And I was like, "This is not safe for me to be raising a child. It's not safe for me. I know it's going to get worse." But I had no idea what to do. I was like, "Where am I going to go? How am I going to do this? How can I possibly take care of her on my own? All the medical equipment, the nurses." I couldn't work at the time. "And what could I possibly do?"

I finally made a plan. And on a Tuesday afternoon, I brought her home from preschool, put her down for a nap. And I looked at her nurse and I said, "You pack her medical equipment. I'm going to pack her clothes and her toys. As soon as she wakes up, we're going to escape."

**Rosie:** Oh, so you told... so she knew, the nurse knew.

**Linda:** And so, we left. Exactly two weeks later, two days after Christmas, I held Jessica in my arms. She took her last breath and died.

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**Rosie:** That must have been so hard. I mean, from really the disintegration of your marriage. I mean, knowing that. Even if it's something you want, it's still extremely difficult. Escaping, as I know it well, is very difficult. Having a sick child is also hard because I know that as well. But to have her pass away when it's like, "Here I left, create this life for you." But really, I don't know if you knew that she was on her towards the end or not, I don't know, but it's a lot for a human being to handle.

**Linda:** Yeah. It was, I believe, the five biggest challenges of life all happened to me right at the same instant—losing a home, losing a spouse, losing a marriage, losing a child, losing my work because that was essentially what I was doing full-time, my sense of identity. Everything in a heartbeat. And I struggled to figure out, what do I do? How do I move forward? And it took a while. And initially, because I know this will hopefully help some of the people who are listening to this, initially it was harder to deal with the effects of the abuse than it was to deal with the death of my daughter.

**Rosie:** Yeah. I can imagine. I think, and you can tell me if this is true or not, but I think with the abuse, it was like, you tried so hard and couldn't get anywhere. Whereas with your daughter, you knew, of course, you didn't want to lose her, but--

**Linda:** Yeah. It's like, I also tried hard, but it also was out of my control. Where the other, it was as if there was somebody who was intentionally doing something.

**Rosie:** So what was the relationship like? Just to give them a little bit of perspective on what you were experiencing with your ex-husband.

**Linda:** There was a lot of conflict. There was a lot of animosity. It seemed like we would escalate any conversation, and I knew that that wasn't good. There would be disagreements about little things that would blow up into big things. We lost a tremendous number of nurses and I'm 99% sure that it had to do with his behavior. But when there were only so many nurses who can take care of a special needs child and you blow through a whole bunch of them, it makes it that much more challenging.

**Rosie:** Yeah. So what was the impact to you as far as how you were being treated? Did you lose your self-confidence? Did you feel just diminished? I mean, how did you feel?

**Linda:** I completely lost who I was. I had a very difficult time making decisions because I wanted to please. I wanted to make sure that I didn't upset. I wanted to make sure that things were smooth and easy. And so after I left, somebody would say, "Oh, what do you want to have for dinner?" And I had no idea. It was like, I had completely lost that ability to make a decision for myself. And thankfully, I'm getting that back. But it's a journey to re-identify what is it that I

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actually like, not what is it that he likes. It's like, who am I? What are the things that I enjoy? And reconnecting to who I really am.

**Rosie:** Yeah. That's so important. I mean, I can relate to that. I remember when I arrived back in the United States and I had to buy a car. And I got suggestions from friends and things like that. And then I had to buy a printer by myself. I mean, that was a huge thing. Here I am, a woman in her fifties, and it's like, "I bought a printer by myself. I have nobody to yell at me for making the wrong decision." And to just speak that, I mean, we're both intelligent women and how we just got just crushed. And you said the same thing, you lost who you were, who we were, the same thing I lost who I was. We lose who we are and what's important to us. I mean, that's one of the 11 Freedom Fulfillment Pillars that I go over. It's like, "Oh, we have something that's important to us, that we have the right to know what we want and it's okay."

So, that must have been, again, just a challenge of getting back on your feet and just see. I just can't even imagine the emotional whirlwind you must have been in, especially with the tragedy of the loss of your daughter. Your mind probably was just going like crazy. And how did you get to where you are now? What are some things, maybe self-forgiveness, maybe we can go there. I'm just going to pick that one to see if that was a journey that you had to take or still taking.

**Linda:** Oh, I know you have a list of many different journeys and I have been on all of them. Self-forgiveness is definitely a piece of it because I made the decision to be in that relationship and I made the decision to leave that relationship. So there are many decisions in my path and I had to take ownership of that and then forgive myself and not beat myself up like, "Why didn't you know? Why didn't you trust yourself? Why didn't you... whatever," because there was a lot. I had the indication. Hindsight's 20/20. It's like, no, I knew there wasn't something right at the beginning. Yet, I still went through with it. And so then making sure that I am okay with, "Okay, I made that decision and have done a tremendous amount of personal growth work since then," so that I don't repeat that pattern.

**Rosie:** How did you... can you share, do you remember something that you do now that helped you forgive yourself or whatever it was? I think nobody, even though you made the decision, we all make the decisions that we're getting married, but I don't think we're making the decision, still thinking that somebody is going to abuse us and just like, "Oh, we're going to go there." We may think, "Oh, well, this guy has so many great qualities, but this don't--"

**Linda:** I'll fix him.

**Rosie:** Right. It's like, "It'll be better after marriage." We have all these kinds of thoughts, right? It's like we don't... I didn't know anything about abuse or narcissism or toxic behavior, and that

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was beyond me. But I've done a lot of work on the self-forgiveness too. So is there anything that you did or doing that is especially helpful for you?

**Linda:** Well, I do a lot of meditation and finding that I ground myself and get myself present because if I don't, I spin out and just get caught in whatever might be going on at the moment, whether it's thinking about a past relationship, thinking about a work problem, thinking about a challenge that's coming up in the present, all of that. And it's like, if I'm not grounded, I don't do very well. And so sometimes, even just taking a short walk outside helps me center myself and get back into, "Okay, who am I? What's important?" and just being present, I think is probably one of the biggest pieces that I can really point to as a way to not just for self-forgiveness, but for self-care in general.

**Rosie:** Yeah, self-care. Self-care is really huge because you've been put down, women have been put down, diminished. You're just like, "Who am I?" And women, in general, usually are not on the top of the list of self-care anyway, right? We give it to everybody else. And you had a daughter who was extremely in need of your care. So I'm sure she wasn't there. And after your daughter was your husband, even though your husband may have wanted to push himself first. But it's interesting.

When you were... I don't know. If you can take us a little bit through your healing journey of how it progressed through the years from that time. If you could share that with our listener, I think that would be really helpful, to know it's not just a straight line that there's ups and down, right?

**Linda:** Well, that reminds me of something that I shared with a grief group that I run. Time does not heal. It's what you do with the time that matters. So you've probably heard, "Oh, well, time heals." No. It doesn't.

**Rosie:** Right. No.

**Linda:** I've met people who haven't done anything for decades, and they're still in the same place that they were decades before, still bitter, still hurts, still... whatever adjective. And every person has a different journey, but it evolved for me. I had a lot of support. I sought out counseling. I sought out coaching. I've done tremendous personal growth work. Now I coach people and help other people who are going through grief who are going through the challenges with relationships and guide people to figure out who they really are. And I think that giving back to other people aspect has been a huge part of my journey. And understanding what happened, why I thought the way I did, and figuring out how to overcome it—I don't like that word, that's not a good word—but how to adjust to it and use it more effectively, because we can't change what happened to us. We can only change how we deal with it.

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**Rosie:** Yeah, it's really good because every woman who's experienced this has some sense of suffering. And the only way you can move forward is really dealing with your own thoughts, dealing with how you're going to adapt and not just think that the time will heal. I've heard that. I mean, I've heard both sides. Time, it's what you really do with it, right, if you don't process it. And I think you said you went to counselors, you had coaches, you did a lot of personal development work, you have your meditation. I mean, these are such great tools, and also to show that we don't do this alone, do we?

**Linda:** No. Initially, I was in a support group for women who were getting out of abusive marriages or relationships, and I needed that first. And then I needed to process the grief around my daughter because as I said before, I had to figure out who I was. I had completely lost that.

**Rosie:** Yeah. It's pretty much like that. So, did you get to a point where you could actually start to look into a better future, like creating a vision of what it was that you wanted as you started to rediscover yourself? What did that look like?

**Linda:** I did. I realized that I had a powerful story to share. And I knew that Jessica brought so much joy into my life and that she isn't still on this plane to be able to share it herself. And so, that's my charge in life, is to keep that joy alive. And I love to speak. And I realized, a lot of people are terrified of speaking. And so I knew that that was something that was important for me to do. And I began speaking, I began coaching, and realize that by sharing the message that there really is hope, that there really is a way to get out from under whatever it is that you're dealing with, and stress and overwhelm that come from not knowing who you are, that come from all sorts of self-sabotaging patterns, and helping people get through those, shift that completely.

**Rosie:** Yeah. The whole change in our outlook is so important in having that hope. I wrote an article not too long ago and I call it The Two Sides of Hope. Because when you're in the relationship, you keep hoping it's going to get better. You keep hoping he's going to change. You keep hoping. So I call that the bad hope or the wrong hope because we're falling into a hope that you can't do anything about and think we can do something about. So we keep falling on a path that's not going to serve us. And then you start to realize, "Well, there's a different hope, a hope where I can really create my life and that I matter. My life matters." And to get those people to support you in fulfilling that hope that that is real and to get on that pattern.

So, I really get that idea about having the hope, because I remember my therapist saying to me, "All you need is a thread of hope to keep going." So it's not like we have to have this big, "Oh, life's going to be a bowl of cherries." But we're not there yet, or the woman who's still recovering, trying to figure this out. And she's listening to this, it's like, "Okay, here are two

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women who are showing that.” That's the hope right there. Your story, my story is so incredibly powerful.

When you're in your marriage, when did you feel vulnerable in your marriage?

**Linda:** That's a big question. There were so many areas where I felt vulnerable. Probably the biggest was just the uncertainty--

**Rosie:** Of his behavior?

**Linda:** Of his behavior. And so not knowing when something was going to upset or what the reaction was going to be. And a lot of it was verbal. It wasn't necessarily physical. It started to be more physical, which is, that was the red flag for me.

**Rosie:** Yea. Throwing that frozen thing. I lay all that physical.

**Linda:** Yeah, exactly. And there were things that I dismissed like pushing or shoving or whatever that I just kind of, “Oh, that was just a little whatever.” And then like, “No, this is not something to be dismissed.” And one time in particular, I had wanted to get a hug from him and he looked at me and he said, “No, that would ruin my whole day.”

**Rosie:** Whoa.

**Linda:** Yeah. And I was like, “I'm married to this person? How is this possible?” And so things like that would be said, or I would be the butt of jokes. And initially, it was fun. It was funny, you crack a joke. And then I realized that it was always negative about me, and that isn't okay.

**Rosie:** No, it's not okay. And it's never okay. And it's never okay even in any kind of relationship, whether it's a business relationship or a friendship, whether it's with a friend. It's never okay. And that's the mission of Love Is Kind. I think you're like me. We don't need to be with toxic people anymore. We've been there, done that. It's over for us and we don't need to keep bringing ourselves down. I think people just get stuck in that, in that mold of, they can't do anything about it. So what you're doing has just been so powerful.

What do you think are some of the other key steps that you've taken to what I'll call “create the freedom in your life to be you”, the freedom to be you?

**Linda:** I think it's actually connecting with more people who have a vision like you do. I mean, vision, like I do, where we recognize that women have power, women have a choice and acknowledging that, really owning it, as opposed to being the doormat, being... however you

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want to phrase it. I know victim is not a great word. And survivor is what many people refer to themselves having gone through situations like we have. I like to say, I want to help people thrive. It's like, I don't want you just to be a survivor.

**Rosie:** Right. Exactly. I agree with you on everything you said. Absolutely.

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And we're back with Linda Shively, Master Executive Coach.

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**Linda:** I have found the people who are in my world have shifted slightly and there tend to be a lot more positive people. I've gotten rid of a lot of the negative in my life. And so, it's more fun. And it isn't like, "Oh, well, I can never see so-and-so again." But it just naturally happened that certain people disappeared from my life or saw them less. And the people who I really enjoy their company and resonate with more have entered in. And I think as I've done the trainings, grown my own business, gotten connected in my professional life, getting out of corporate, that was a huge shift for me. Taking that step to start my own business to really move myself forward and move other people forward, that dynamic itself eliminated a lot of toxicity.

**Rosie:** Yeah. That's interesting, because I think one of the things of being in these relationships is there's a lot of isolation. And I can imagine you being with your daughter who had so many needs, is that it probably didn't give you a lot of free time.

**Linda:** That is an understatement.

**Rosie:** Yeah. So I get it. And I was overseas, but the general pattern of abusers is that they'll isolate right? And so you need support, but they don't even let you have the support. And now, you naming that part of your path to freedom and finding yourself is being around, just being

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around. It's not like you're working with them, but just your general. The people you hang out with are people who are happier, more joyful, more normal in the sense that we have good days and bad days. We are uplifting. We're not diminishing. We're really conscious of what we say and how we say it and how we present ourselves. And so our environment makes a difference. And that's why when they isolate you, you don't have anybody to check your reality with. And now, you're on your freedom path of freedom of being you, and it's like, "I get to choose who I hang out with and I'm choosing uplifting people." Right?

**Linda:** Exactly.

**Rosie:** That's really cool. We really haven't discussed this on the podcast before. These are the things I think when you start to do, you start to assume, and you forget that that is an important part of the journey and seeking out those people. And more than, you correct me, but for me, it's more than just being in a support group. It's just who you hang out with generally, right?

**Linda:** Yes, exactly. It's the chosen people. And sometimes it's intentionally chosen and sometimes it's activity chosen, like the way we met. It's like, when we start to be around people we enjoy, doing activities that we enjoy, we meet other people who also like those activities, who also tend to be in that wavelength. Then we connect at a different level. And so that is what I think I started to do more, is this is what I'm called to do. This is what I love to do. I'm going to do it. And I know I had friends who I worked with previously, who thought I was a little crazy because--

**Rosie:** Yes.

**Linda:** But all of my vacations, I took to go to trainings to go to speaker conferences, to go to retreats, not so much to go to exotic destinations. And sometimes it's like, "That's vacation?" It's like, "Yes." The people are amazing. What we're doing, it's fun. It gives me a break from the computer programming that I did. And it was just that refreshing way to be around people. And most people who think of conferences think of dry, boring, why do you have to go type.

**Rosie:** Right.

**Linda:** Those are conferences that I'm going to.

**Rosie:** Like, "Oh my God, I have to go there."

**Linda:** And so I learned, and I got to be around amazing human beings and realized that there's this whole world of people that I had not been exposed to before. And that sparked new friendships. It sparked new ideas and got me on the path to starting my own business. And so it's

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definitely a journey. And so there are many layers to it. And as I began to take more cause for my life and not be at the effect of my life, I was able to do that and to help other people see that and do that for themselves.

**Rosie:** Yeah. I love that. And I was thinking, when you go on vacation, you go to feel relaxed, to be uplifting and feel recharged, right? And what were you doing? You were being recharged and uplifted and everything. I mean, that was, you were getting on a vacation people go to, to go to the beach, which I love to do, but that was really recharging. It's what you needed.

**Linda:** Exactly.

**Rosie:** And nothing is... To me, the best investment is an investment in yourself. And they were taking their vacations again. No, put down to vacations. We do need those.

**Linda:** We need those as well. Yes.

**Rosie:** However, the investment you made in yourself too, because you had a lot of stuff that you were dealing with as well. So going on, maybe to a beach at that time in your life, maybe you would have just been ruminating more.

**Linda:** Exactly. I wouldn't have gotten out of my head and it probably would've spiraled downward rather than getting me uplifted.

**Rosie:** Yeah. And getting back to what you said earlier where time doesn't heal, it's what you do with the time processing. And that was exactly what you were doing. If you went to the beach at that time in your life, you would have been spending time probably trying to distract, but not processing, not learning new skills, not being around people who can bring you up. I mean, it's just, I love that. It was such a great idea. But it just shows you how important good relationships are.

**Linda:** Yes.

**Rosie:** Right. Isn't it all about... I mean, everything we've been talking about has just been about how important those relationships are and to the development of ourselves and the isolation that we've gotten ourselves into, or someone we leave. Women can still be self-isolating, all these traps that they get into, unless they realize there's another way. Well, this has just been fantastic. Oh my gosh. So, how can people find out a little bit more about you?

**Linda:** Well, when I talked earlier about meditation, there's something I'd like to give to your listeners because it's something that has helped me. And it's an Everyday Meditation. It's

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something you can do, very simple and it really grounds you and centers you. And so I would love to give that and that's a way that people can reach me. And it is [myjoydrivenlife.com/Rosie](https://myjoydrivenlife.com/Rosie), because it's special for your group.

**Rosie:** Thank you. And we'll put that link will be in the show notes. So if they can't hear it, write it down immediately. Don't worry. There'll be in the show notes. That's fabulous. Thank you for that generous offer because I know I love to meditate and I'm always looking for new meditations as well. I think it's nice to get recharged on those as well. And I'm sure that this will help our listeners. Just like sometimes my answer is just being quiet.

**Linda:** It's amazing how much more you can get done and how much more peace you can have if you just spend a few minutes meditating. And I will admit, I'm guilty of it. I'll say, "Oh, I don't have time to meditate." And it's like, "No, no, no, I don't have time." And I've made a commitment. And as of this recording, I think it's a hundred, more than a hundred days, I'm just going to say that, and consistently meditating. So it has really helped. I used to meditate infrequently and I had people say, "Oh, you need to meditate an hour every day, or you need to meditate a half an hour every day." Great if you can, but start with 10 minutes. just a few minutes. And it could be at a lunch break. It could be in the morning, it could be an evening, whatever works.

**Rosie:** And it doesn't have to be the same time every day.

**Linda:** No, it doesn't.

**Rosie:** What does Love Is Kind mean to you, Linda?

**Linda:** Love Is Kind means that each person, whether it's a friendship, whether it's a romantic relationship, looks out for the other person and also looks out for themselves, and they're really wanting to do the best for each other. It doesn't mean it's always perfect, but it means that there's a heart behind the love.

**Rosie:** Beautiful. Take that in. Just breathe that in, listener, just breathe it in. It's so beautiful. And that sounds like a meditation in and of itself. Well, thank you so much for your time, for sharing your beautiful story, for all the ways that you demonstrated and shared how you went from vulnerable to valuable. It's beautiful. Thank you.

**Linda:** Thank you so much, Rosie. It was a lot of fun.

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