

Ep #026: How She Gave Her Power Away... and Got It Back



**Vulnerable
to Valuable**
with Rosie Aiello



Glenda Benevides



**"How She Gave Her
Power Away...and
Got it Back!"**



Full Episode Transcript

With Your Host

Rosie Aiello

Ep #026: How She Gave Her Power Away... and Got It Back

My guest today Glenda Benevides found the person who was going to make her dreams come true in her singing career. He wanted to be her partner. Seduced by his charm and interest, she soon became a slave to his wishes. Until...

Until her inner voice finally won out. Glenda shares her lessons, and those that were tested again, so that you can move forward, rise up and believe in yourself again.

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 Glenda Benevides puts her vulnerability on a platter to share with you how she let herself get sucked into a narcissistic relationship.

Her lessons are many and each one will help you find your path to empowerment, value and becoming a "badass goddess."

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

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I share these mini masterclasses to show you a path to reclaiming your voice, value and confidence. To looking at yourself in a new, deeper way. And you'll hear more about that from our guest today where SHE breaks down how she lost her power and what she did to reclaim herself.

Listen to them carefully, they are amazing.

Today's topic is pulled from Freedom Fulfillment Pillar #3—Knowing What's important to you so that you can stand in your power and your authentic self.

As I look back on my life, and take an honest evaluation of how I showed up, too many times, I didn't value myself. I compensated by being extra nice, and giving and being supportive. All those things that seem like great ideas, but when done for the wrong reasons—to gain approval and acceptance, lead to the wrong outcome.

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When you try to prove your worth, when you think you have to keep doing something to get someone to like you, when you start to feel exhausted in doing all of that, those are signs that you are giving your power away.

Giving your power away is another way to say people pleasing.

You have either thrown your values out the door, or you never really looked at what is important to you.

What happens is this downward spiral. This is a problem because most of this is at an unconscious level that you need to become aware of to shift.

Giving your power away, people pleasing and being unaware of your values stem from feeling that you're not good enough. So you go out trying to prove yourself for something that you don't have to prove.

You are worthy. Period.

You are enough. Period.

There's no proving to be had.

Let that sink in.

Reflect on your behaviors. How are you showing up?

Ask yourself where am I trying to prove myself?

How am I doing it?

If you have trouble with that, then think of relationships where you're feeling a bit or a lot uncomfortable. Those will give you clues.

This is important work. Because you'll be tested over and over—meaning people will keep coming into your life who make you feel uncomfortable or where you slip into people pleasing and dumbing down yourself.

These tests will challenge your values and beliefs about yourself.

You deserve to be treated with kindness, and that starts by being kind to yourself.

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Start being kind to yourself by believing that:

You are enough.

You are worthy.

No proof required.

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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

Today we're going to meet Glenda Benevides, award winning singer and founder of Global Badass Goddess so that you can discover your authentic power, show up worthy and end the people pleasing.

Glenda 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 let's go from Vulnerable to Valuable with Glenda Benevides.

Rosie Aiello: Hi, Glenda, I'm so glad you're here on the Vulnerable to Valuable podcast.

Glenda Benevides: Hi, Rosie. Thanks for having me on. Much love to you.

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Rosie: Yeah, same. It's a mutual love story between us. So I want to tell our dear listener, what a big heart you have and who you are. And Glenda Benevides is the founder of Global Badass Goddess and award-winning singer. She's got a fabulous voice. You got to just Google her. Anyway, songwriter, leader, creates conscious activism, producer, author, and a good human. So I'm going to modify that just a little bit. I'm going to say, a good, kind human.

Glenda: Thank you.

Rosie: And she says, "What does it mean to be a badass goddess?" A badass is someone who looks deeply inside oneself in order to evolve and be fully self-expressed in life. It's someone who faces challenges and fear while creating solutions that lead to possibility. Conscious, self-expressed, empowered, and courageous.

And that just epitomizes exactly the women that we're trying to help, help them get to that place where, when you've been in really difficult relationships, in some toxic relationship, and you just been crushed, usually, it's like out of the blue because you're not expecting it. And then as you're starting to climb your way back up to be, like you said, fully expressed and empowered and courageous, it takes all of those, right?

Glenda: Completely. Absolutely. 100%.

Rosie: Yeah. And so, you had some moments when you weren't feeling that way. You're like stand on what was happening. So can you give our listener a background of what happened that threw you off your tracks?

Glenda: Yeah. Well, it's so funny, because it's very sneaky. I've always been pretty self-expressed in life and I've always been out there doing my thing, recording, touring, the whole nine yards. And where I got stuck or tripped up really was having the goals, which was really interesting. I had these goals to achieve a certain amount of success or fame in my life.

And actually, for a better word, that was the faulty point on some levels because what happened was, I was in a time where I was pretty much starting to transition as a woman. You go from young woman to the maiden, then you start heading into crone. And for those of you that don't know that phase, it's when you become a mature woman and you start to hopefully have wisdom.

Rosie: It takes some of us a little while to get there.

Glenda: Thank you. And I was transitioning in my career, and I thought that I would go ahead and take my music, turn it into some kind of live performance, interactive kind of experience.

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And I had this idea about this woman and I was just designing and developing it.

And I was sharing with a friend that I considered a friend at the time. He happened to be a Broadway star. And he was in *Rent* and *Aida*, and just a really sweet guy. I thought, “Oh, man, he’s great.” And he’s like, I told him my story, “Glenda, oh, I want to partner with you in this.” And I’m like, “Oh my God, he wants to partner with me.” I was so blown away that this person that had achieved success that I really wanted to achieve. I didn’t think I wanted to achieve it in Broadway. But I thought, “Okay, well, maybe the spirit is leading me into this,” because I had a really good story about a woman, a woman lead. Anyway, he’s like, “I want to help you with this. And I want to partner with you,” is what he said.

So, we got together, and we started down that road together. I threw a bunch of money in. my dad had just passed away and I had \$10,000 from him. And I thought, “Oh, this is good. I’m evolving to the next part of my career. This is new. He’s going to help me.” And I dumped all this money in and he just kept taking money and taking money. And he helped me design things. Yes, we did. And I saw it all the way to the end. But long story short, what I found out and what I saw along the way, and I kept ignoring my own inner voice.

Rosie: Yes. Such an important comment, you kept ignoring your own inner voice. It’s there but not really thought.

Glenda: That’s right. And I kept giving him my power. And how I was doing that was I kept kneeling and bowing to what he wanted. And when he said X, I jumped. When he said, “I need \$300 now,” I jumped. When he said, “I needed a ride,” I jumped. I was there. I was the faithful, good friend person, business partner. I was everything my parents had always told me how to be. A good person, right? Fine, but don’t throw it before swine.

So halfway through this, this whole experience of two years, I started hearing my voice going, “This is not right. Why are you doing this?” And it was definitely an on-going conflict within myself around, “Leave. Just leave. You don’t owe this person anything. He’s treating you poorly, really. And he’s asking you to do all these things.” And I’m doing all these things, like I’m showing up 100% making things happen.

Rosie: Excuse me, did you guys have a contract? Any kind of a contract written or agreement or anything?

Glenda: I think we did. It’s been a while. It’s 2010. I don’t recall. But it could have been just a verbal agreement. I really don’t remember. But I’m a very loyal type of personality.

Rosie: Yes, I hear you.

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Glenda: I don't just jump out at the sign of whatever. But I wasn't listening, Rosie. I just wasn't listening. I kept hearing the voice loud and clear. And I just wasn't listening. And here's why I wasn't listening. Because I was holding myself hostage. I was holding myself hostage because of my desires, dreams, and passions, and then giving my power over to him that he was going to help me fulfill my dream.

Rosie: I hear what you're saying. Did you have that realization then that you were holding yourself hostage and you were giving your power away? Were you aware of that at that moment? Or is that some of the healing and awareness that you've created since then that have you figure out, "Oh, that's really what happened and what I was doing?"

Glenda: It happened after. Yeah.

Rosie: I want to point that out because I want women to understand, like when you're in the middle of it, you don't have that awareness, right? You don't have that awareness. And that's why you started at the very beginning. It's so sneaky, sneaky, sneaky. Because in how you were describing when he said something, you jumped, that was exactly what happened in my marriage. I just dropped everything in our courtship and everything. And I too had a voice, but I didn't even know about it. I don't know about you. But for me, I was totally ignorant of my inner voice. Even though it was talking, I didn't know what that was. I didn't have any sense of my intuition, let alone listen to it. So it's interesting. The parallels are just right on.

Glenda: Yeah. And I think you and I talked about this earlier, you don't have to be in a sexual relationship with somebody or an intimate one or a marriage or something. This happened to me and I was in a marriage that was fabulous. So, this was all around my career. This was all around my inner desire to... And it could have been in a 30-year-old conversation that I was having inside myself about, "I want to be famous," and not from a place of fame, meaning, the lower part of fame, but just wanting to make a difference, wanting to be in a public eye that's big enough that you can actually make the difference. That's how I thought of fame at that point.

Rosie: And you have your hopes. This was a guy who was going to lead you to your dream.

Glenda: Oh, totally. That's what I thought.

Rosie: It was like, "Well, and what's wrong with that?" until it's not. When did you feel vulnerable? Did you feel a moment when you felt especially vulnerable?

Glenda: I did. I think through the whole thing, I felt vulnerable because I was allowing this person to come in and just move me around like a chess piece. And I wasn't the only one. As I

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found out later, he was doing this to other people for whatever desire. He's very narcissistic. Oh, God, just ridiculous. Okay, that's what I want to say. I was really seduced by his background, his achievements. And I think that's what really hooked me into... It's like when you have a job or even a relationship, you got to qualify them, right? So he was qualified. He wasn't a nobody coming in trying to tell me what to do and I was all manipulated. No, he was somebody that had background. He had talent. He had smarts. He was a beautiful, beautiful man. Just, oh my gosh, talk about seduction. I mean, he really knew how to do it. And for me, it wasn't seduction around romance or relationship but it was seduction around my career. And he knew that. He knew what I wanted and he knew that I would pay for it. And I did.

And you're right. Later on, it wasn't until later on, I did hear the voice and I did consider the voice. And part of that place that I was telling you about feeling hostage, I held myself hostage around this, because if I was to stop, and own my voice, own my power and say, "No more. I'm sorry, you'll have to do this on your own, whatever." I stepped back as a mom figure, and thought, "Okay, I have 30 people in this production that I'm taking care of, that are depending on me, that are selling tickets to their show because they're excited, because they're in the show." We have rehearsals. We have a variety of things that are happening. So yeah, I could step back and go, "I'm done." And I'm a lead. I'm one of the main leads in the show in Los Angeles. And I thought, "No, I was definitely conscious enough to say no. I'm going to hang in there. I'm going to bite the bullet."

And the final straw, we had finished the show. We did two shows back to back. And when we got done, we huddled in a circle, all 30 of us. And when he started talking, all he said was, "Thank you so much. This was so good for me. I love you all for being here." And it was me, me, me, me, me. I, I, I, I, I. No acknowledgment to, hello, the producer, star of the show. Nothing. And I sat there and I was like, "Wow, wow. None of it. It was totally devoid of anything but himself."

And then the topper was we had set up an after-party at a club called the Scorpion. Of course, it was in Los Angeles. Scorpio and dancing with the devil, that would be me. And he left, and it was me and my assistant and another friend that cleaned up the stage because that was part of what we had to do. So I'm in my costume, in my beautiful dress, cleaning up the stage, making sure everything's picked up backstage while everybody's out partying. And he's holding court. So, that was it. And that was really the straw that broke the camel's back for me. When I dropped him off that night, I say--

Rosie: You dropped him off that night as well.

Glenda: Of course.

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Rosie: Okay. First, you do the clean-up. Let me get this. First, you star in the production and then you are in a great circle after the show. And he is just saying how wonderful it's been for him. It's all about him. And then everyone goes trotting off while he's celebrating with them and you're cleaning up the stage in your costume, your beautiful dress, and then you take him home.

Glenda: Yeah, after. And I'm ready for this. I've invited the President or the Vice President of Lionsgate new digital media to come because he's a fan of mine. He comes. I had a bunch of people that went there specifically to see me. And there were only short segments of the show that I was in. And they literally pulled me aside after I finally showed up, because they were waiting for me to come to the party, but I had to clean up backstage. They grabbed me and my buddy said, "I was here to see you. Where have you been? What happened on stage? What happened? I've been waiting for a good half an hour to buy you a drink and give you roses." And I was like, "Ah." It was so crazy.

Rosie: Thank you so much for sharing that because it's really interesting, how our mind gets fogged by what's happening and the difficult decisions we have to make. You were responsible for 30 people, you felt that responsibility. It was really him as well, I would imagine. But you held on to that responsibility. And that's why sometimes it's not always easy to leave. We may recognize it. It's like, well, we have got other things to consider. And that's why it's really important not to ever judge a woman or judge anybody who doesn't get out right away. And first, you got to recognize what the hell's going on. And then it's like, "Oh, well, now what else is the reality that I'm involved with? And what can I really and actually do?" But it's so interesting.

So when you have those conversations with the guy from Lionsgate or whatever, what happened afterwards? Did you cut the relationship off with that guy?

Glenda: Yeah.

Rosie: So tell us about that a little bit before we go. Yeah, I'm excited.

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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

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life. These are the same ones that I use with my clients. And now they are yours free. Go to VulnerabletoValuable.com and subscribe.

And we're back with Glenda Benevides, award winning singer and Global Badass Goddess Founder

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Glenda: So what I did do is I did warn him. I did give boundaries. And those boundaries were, "Don't call me. I'm not going to be available for two weeks. I just need to rest. This was a huge production, you have no idea." And so, I literally dropped him off. Here's what I said because we were in the car together alone. I'm in a frickin phone call at 10am, "Hey Gee, what are you doing? Can you come and pick me up? I need to go here. I need to go there." I'm like, "What part of this you do not know? You're not listening. You don't care."

So yeah, it was like, I didn't respond and I literally took two weeks off. And I sat in a room by the beach and I wrote a letter to him. And I made sure that that letter was super clear and it wasn't blame, it wasn't guilt, it wasn't corny or it wasn't any of that because I do have those skill sets. So I was very conscious of that. But he still needed to know what happened, where I was, that kind of thing. So I was taking responsibility. It took me a week, over a week and a half to write that thing.

Rosie: Because there was a lot of emotion, you got to get the emotion out of it, right? And then for you to really be that conscious, you know you're conscious, still, you have you're a human being with... You said, "I'm a human." You're a good human. But you have human emotions, and not to be ignored. And so, you're aware enough that you know how it should come across, but it takes quite a few iterations. So I want to acknowledge you for really stepping up, taking responsibility for what is yours and making the statement which we're going to hear in a minute of what it is and how you're going to move forward. It's not easy what you did, so good for you.

Glenda: Thank you. No, you're right. It wasn't easy. And it took me a while. I mean, the write, rewrite, look at it from another perspective. And here, I'm all concerned about making sure that it lands and he gets it and no one's blamed and all this other stuff, even when he should have been blamed probably hung on a quarter, but I didn't do that. So, boom. So finally, I got to--

Rosie: You took the high road.

Glenda: I took the high road. Yeah. And I literally opted out of the final production, like we were done. I was not going to pursue this to the next level and so on and so forth because of all these things. And trust me, prior to all that I second guess myself a lot. And I'd have friends

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around me going, “What are you doing? He’s totally using you. What are you doing?” I’m like, “I heard it. I can’t hear you. I’m on a path. Don’t do that.”

Rosie: Yeah, we’re recognizing it.

Glenda: Oh, yeah, the whole time. And I’m like, “No, no, he’s not.”

Rosie: I don’t want to bypass this because this is what women do. I mean, because I can only talk from a woman’s point of view. But this is exactly, we make excuses for their behavior because we’re involved, either we’ve been in a marriage or you’ve been in this relationship. It’s like, “It’s okay. He’s helping me. He’s doing this.” Those kinds of things that we don’t want to ignore. If that’s happening, if you’re listening, “Oh, that’s what happened to me. I didn’t realize that that was a sign.”

Glenda: You’re right. And sisters around you, like women around you, if they’re conscious at all, and they love you, they will tell you. They’ll go, you know.

Rosie: But you may not be ready to hear it, right? And that’s why you defend that person because it’s like, “No, you don’t know him like I do.” But they can see because they’re coming from the outside, but you’re not ready to receive it. So it gets convoluted. That’s another reason why you can’t get out when everyone else in the world thinks you should get out or when, “Oh, that’s that voice.” They all come together that smoothly and that easily.

Glenda: 100%. You are correct.

Rosie: So you’ve been writing this letter.

Glenda: Right. So I send it. And we’re talking. This is like energy that has now been put in for a week and a half to do this properly. Boom, send the letter. Ten minutes later, I get this email back. Oh my God, it was a paragraph and it’s you threw me under the bus. I threw him under the bus. The audaciousness of that just blew my eyes open. And I had no idea about narcissism and people that are like that, and gaslighting, and a variety of different things. I had no idea. I’m a straight shooter. I didn’t grow up like that. And I don’t think at that point I really had too many people like that in my life. So I was shocked. If you can see my eyes and my mouth were wide open. And then I got angry. And then after that, I got angry.

There was a few people that he had, as my partner, one person he had been sleeping with in the cast. She was the younger version of me in the show. He had been sleeping with her and messing her around. And then the two choreographers that he was working with, he had promised them money, when I had said in the group, “We have no money.” I operated that whole production in

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Los Angeles, we were in the black. Nobody made any money, but we paid the bills, and we had the experience. And that's what happened

But now, he's telling me... Actually, he didn't tell me anything. It was a couple of people in the choreographers that called me and said, "Hi, he told me to call you and you owe us \$300 for our..." I'm like, "Excuse me?" And then now they're mad at me. They're angry at me. And I'm like, "I have no idea what you're talking about. He never told me this. I did not agree with this. I can't agree with this because we don't have money. There was a part of me that was willing to dig into my own pocket and pay them. And I said, "Stop it, Glenda. Stop, stop, stop paying for everything." And I did--

Rosie: You want to make it better.

Glenda: I totally want to make it better, and especially with these people, because now they're in the wake of this disease that I had no idea of. So anyway, that's what happened. I sorted that all out. Then after that, I left Los Angeles, and this was the healing part for me. This was the time that when I came home, I literally was shut in for two months licking my wounds, feeling so bad about who I was. How can I let this happen? I lost all that money. My career is not moving forward. I don't know. I was just lost.

And my dear husband, he let me have my experiences. So he was definitely there for me. But he just said, "You should get together with a group of your closest friends and ask them questions." And I thought, "I will do that." So that's part of the healing, which I can share more about.

Rosie: Yeah. Thank you for sharing this because it just shows you how this experience just knocks you off your feet. All of a sudden, you've lost your confidence. You're like, "I'm not good enough. I don't know." Your whole value is just sucked. Sometimes they're called energy vampires, high jackals. There's a friend of mine. I think in turn, she calls high jackals. Energy vampires, that was another term. All of these things, you're reeling from this experience. I mean, it did knock you out for two months. "What happened to me? Where is the real me?" We talked about in the very beginning about fully self-expressed. It's like getting back to knowing the real you. And blaming ourselves, how did you blame yourself?

Glenda: Oh, yes. I mean, yeah, it was, "Let's take the next level and do a beat-up party."

Rosie: Right. He was already really dragging me through the... rattling walls and everything, but that was enough. I'm going to do it to myself. We start judging ourselves in doing it.

Glenda: Totally. Completely. Well, as any entrepreneur or anybody that's investing love, time, care, passion into anything, and then it doesn't, of course, go the way that you feel that you've

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invested time and love and passion in. So you're dealing with not only that, but you're also dealing with how they treated you.

Rosie: Why you let that happen. You get self-blame, right?

Glenda: Yes. Again, self-blame. And then as women, we start going... I don't know about all you women, but what I did was I went, "Why did I attract that? What's wrong with me that I would let this happen? You start looking at within, which is fine. I think it's good to self-analyze and be accountable, look for that accountability, like where was I in that phase?"

I think what I found out in part of that is that you can go too far into blame. But with analyzing that part of yourself, what I did find out was, it was a self-esteem. It was my self-esteem and I wasn't loving myself enough or thinking I was good enough. I'm not good enough. So that's what was showing up and I went, "Ah." If you're not good enough, then you're going to give your power away. You're going to do all kinds of crazy things to just--

Rosie: Prove.

Glenda: Thank you. That you're good enough. I mean, it took me a little bit longer. But in essence, I found out I'm already good enough. I'm already there. And that's--

Rosie: You didn't have that belief yet. We want to say that's what allowed us to just be taken advantage of it. I think for both you and me and all the women, it's like you're not expecting. I had a normal childhood. You're not expecting anybody to treat you that way. I've never been with a narcissist. I didn't even know it truly. I didn't even know narcissism until after I came back. I mean, even when I was in the Middle East, I knew I had an abusive relationship, but I still didn't quite pick up all the narcissism pieces in it. So it's all this vocabulary that's like, until you can identify, as you're just in this wonder world of, what is this? It just doesn't feel right.

Glenda: Exactly. That's 100%. You don't know and you're like, "I'm hanging out with a narcissist." You're not doing that, right?

Rosie: It's like, "I'm enjoying this. I'm being beat up emotionally, verbally, and put down and being a slave and jumping and jumping through hoops and everything else." This is like, "Oh, but I got to do this. I want to make it work. I want to make it work."

Glenda: Yeah. I want to make it work. Yup. Well, it's that solution. I'm a solution-based person.

Rosie: Exactly. Same here.

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Glenda: So you're not going to give up. You're going to hang in there because it'll shift, it'll change. They'll get better. They didn't mean that. You just got that whole nonsense. You're just like, "What am I saying?" And somebody told me one time, they said, "People will show you who they are right away. So get out of fantasy land pretending that someday, one day, they'll do X or they'll be X or whatever." It's like, "No, but they are who they are."

Rosie: Right. But we're still not aware of that time. But now we're aware. And that's the whole purpose of this. The main purposes of this podcast is to create that awareness and plus, to help my listener not blame herself anymore, to get out of that self-blame, to get out of "I'm not good enough" kind of thing.

So, what were some of maybe the key things that you did, I mean, you've already given us a few of them, but that helped you shift to where you are now? Because as you're explaining some of your past here, it's really clear that you've healed a lot. You're on a much higher level. But I know at the time, that wasn't the thinking. What were some things that maybe you can share that really was impactful for you to move out of that not good enough phase maybe?

Glenda: Yeah. And for me, I think it was just giving myself time, like I did step back. I was fortunate enough to step back and not have to run off to work or take care of kids or do any of that. Okay, so this is just my scenario. But I got to step back and I got to feel bad for a while and I got to beat myself up for a while. And then I finally stopped. And the main shift for me was, I had gotten away from the situation, obviously, and I'd completed it. Yeah, I had all these other feelings around it. But what I did was I decided that the power move would be to bring in the people that really love me and the ones that I trust and ask them some questions about who I was to them.

Rosie: Oh, who you were to them? Oh, interesting. Okay.

Glenda: And when I did that, there was a group of girls. There was probably, I don't know, probably six good lady friends of mine. And we literally sat in my front room, and we got together and I said, "Hey, I just called you here because I really need to get a sense of reality here. I'm strung out here on emotion." And I said, "Who am I to you?" And each one shared deeply about who I was for them and who I was for the world.

And what I distilled down was that I was someone who never gave up. And that quality was to be acknowledged and honored, even in the face of something as painful and as dire as that. And it really led me to that voice, "You need to work it out." When you hear that voice, instead of going, "Oh, I can't do that, I've got lots of people that depend on me," no, you need to step back and honor yourself enough to say, "Well, let's work this out." So I either (a) stay in it and make

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sure it works for me, or (b) I am going to step away right now and just take that risk, take that chance, because that's the scary part. I was willing to put my inner voice aside so I didn't have to deal with the emotions or the fear of telling this man, "We're done. I'm out. Good luck."

Rosie: Interesting. Yeah. It's so interesting how we do that. I mean, I get it 100%. So it was like, it's okay to let somebody else mistreat you and try to make all the peace and make it work, but it's not okay to be kind to yourself. That was not okay. It was not okay. It was more important to be kind to the other person at the cost of you, at the cost of your career, at the cost of your health, at the cost of your relationships, everything, and crushing you to please somebody else who... we figure it out somehow that they're not pleasurable. And we're not here to please anybody but to show up fully. So as you said that, it's like, yeah, in both cases, I have to be courageous - going back to your thing - I have to be courageous to honor myself.

Glenda: Yeah. 100%. And that's where the rubber would have met the road. Yes, I did the cleanup. Yes, I did the work. Yes, I had to review all that. Yes, yes, yes. I mean, with him, it took me literally, I would say probably two to three years, I can't remember. But I remember I was visiting a friend in Oregon, we were driving down the road, and I had animosity towards that person. I was like, "I don't need to hate on them, but I don't ever want to talk to them." But I knew that in my heart, that was still there, that that deep hurt.

And literally, it was Christmas time, and I remember being in the car in Oregon with a friend of mine, a good friend of mine, driving down the road. And I had thought of him came into my head. And I thought, "Uh, he did the best he could," whatever I told myself around that. And I literally had a feeling of love came into my heart. Love, literally love. And then I was grateful. I said, "You know what..." on a higher level, a spirit level, I said to myself, "Thank you for playing the bad guy to help me really see that I am worthy enough, that I'm good enough, and that I'm a contribution. And nothing in the outside world is going to make that happen except for me, and what I believe my depths of my own belief."

And in that moment, it's so funny, he literally called me. The phone rang and he called me. I was like, "Oh my god, it's him."

Rosie: Transmission too quickly.

Glenda: It did. And then we spoke, and that was fine. And then probably a year or so later, I'm just guesstimating, he called me and said, "Hey Gee, what are you doing?" I'm like, da-da-da-da. And he's like... And it was so great. It was like spirit really testing me because he literally... Are you ready for this?

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Rosie: I'm ready. I'm anticipating.

Glenda: He asked me if I would send him \$800 so he could pay his electric bill. And any normal person would be like, "Oh, my goodness, you've got a child with you, you've got electric bill. Oh, let me send you that money." And I said, I was like, I looked off to the side and went, "Okay, spirit, you're testing me to see if I'm actually going to be that idiot." And I said, "I actually don't have the money, and I won't. I can't do that. I'm sorry." And I never heard from him again.

Rosie: Good for you. For standing in your power, not easy, right? And I think this is also a really good example, Glenda, because whether it's the same person or another person, it will keep coming back to keep... if you want to call it testing. But it's like, did you get the lesson? Are you really honoring yourself? Are you being kind to yourself? Are you believed you're good enough? Because it will happen over and over and over and over.

Glenda: It does.

Rosie: I am sitting here with my mic and everything else. But when you were telling us, I wanted to stand up and give you a standing ovation. Good for you. But it's so empowering what you've just shared, just the journey, right? You had a couple of months where you were really deep in. You have those women who came to you. Because this is what happens, they distort your reality. They distort the truth, but you don't know that it's distorted.

And again, God bless your husband for just saying, "Hey, just get some of your friends over." But you came up with the questions, and maybe you did it together. It doesn't really matter. But it was what women need to hear, that you are worthy, you are lovable, you are smart, you are kind, you can do it. And that experience is not a reflection of you as a human being that something is wrong with you.

Glenda: Yes, exactly.

Rosie: So thank you for sharing that. It's such a great... I mean, I could just see, "Oh, yeah, I'm going to call my girlfriend." I can just feel it all over. Okay, now we're going to have a sit down here. It's like, "Yeah, this is really who I am," because you lose yourself.

Glenda: Yeah. Well, the key for that, too, is make sure, though, that when you call a girlfriend, make sure you feel connected to them and that they truly love and care about you and have your best interest. Because I know, sometimes we have friends that have their own ulterior motives and they want to control you, too, or they want to make you wrong or whatever. I'm not saying that people tell you who you are, because that's not the truth. The truth is you are who you are.

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Rosie: Yes. Exactly I mean, those are all really good qualifications. And you're not, and to make it really clear, which I'm a big believer in this, asking for advice from friends because they're just not qualified. I've been in this enough and I've studied enough and worked with enough. Because they'll be using their own experiences, and that doesn't mean it's going to be helpful. But if you guide it to like how you did to somebody that you know really well, and you're asking them, "How do you see me?" you're not asking for advice. So it creates a whole different perspective for you and for them, like what they need to focus on. And then again, it's just another time to be tested. But I just think it's fabulous. That's such a great, great idea.

So, Glenda, you have shared so much and your story is so important for everyone to hear, no matter what kind of relationship it is. And I think for me, growing up in a pretty normal family, everyone's got our little issues and stuff like that. But you and I both were not aware of narcissists. We weren't expecting it. And I think most when you go into a relationship, you're not. You're going in expecting mutual trust, mutual respect. But we move on and we've learned great lessons and you're doing great things.

So how can our listeners find out more about you and what you're up to and your beautiful singing and all your projects?

Glenda: Thank you. Yeah. Pretty simple. You just need to go to glendabenevides.com and that's spelled G-L-E-N-D-A, Benevides is B as in boy, E-N-E as in Edward, V as in Victor, I-D as in David, E-S .com. And on that site, not only is there my music and music videos, but you can also see Global Badass Goddess, which is my weekend workshops for women to support them in their courage and confidence, and empowerment. So, they can go there and reach out to me and have a conversation with me and see if they want to come and do a workshop, a two-day workshop.

And I have a Goddess circle. We get together once a month, and just share our experiences and go through my book, which is called *Courage*. It's coming out the first of this year. And yeah, I think that's fun, and just creating a really powerful community.

And that's what I love about you, Rosie, is that I feel like you're part of that community. And I had the fortune to have interviewed you on my podcast. And so, I think we'll probably rerun that. But yeah, I just would love to meet all of you ladies and support you however I can.

Rosie: That's wonderful. Thank you so much for your generosity. So final question, Glenda, what does Love Is Kind mean to you?

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Glenda: Well, so many things. Love is kind, it really starts with yourself. I love the little quote of when you're in the airline and they say, "Please put your mask on yourself first and then your child." I was always confused by that, but it makes sense. I mean, on so many levels, you've got to love yourself, you got to take care of yourself so you can be a full vessel to overflow and share with other people. If you're empty and you have nothing and you don't know who you are, and you don't feel confident or courageous or empowered at all, how can you run around and help other people what you can't? You can only give them so much and it's usually inauthentic. So, that to me love is kind. If you're really standing in love, then it is kind.

Rosie: Beautiful. Thank you so much for your time, for your wisdom, for your beautiful stories, and for all the strategies that you shared. Have a fabulous day.

Glenda: You're welcome. Thank you.

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