

Ep #027: You Can Win in Your Life



Vulnerable
to Valuable

with Rosie Aiello



Dr. Christine Kozachuk

**"You Can Win
in Your Life"**



Full Episode Transcript

With Your Host

Rosie Aiello

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A child bride in a rural town in America, shunned by her family and the community, my guest today tells the story of escaping her abusive husband at 18 with 3 children in tow, with no idea what she was going to do.

No woman should have to flee from her husband to seek safety, but Dr. Christine Kozachuk knew that to protect her children she had no choice. Desperation and survival sparked her courage. That move opened up new doors she could have never fathomed when she left AND the worldwide movement she created.

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 Dr. Christine Kozachuk tells how vulnerable she was as a young pregnant teenager, who married at 14 and discovered courage she never knew existed.

We're going to talk with Dr. Christine Kozachuk in a moment, and first a mini masterclass ...

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Today I tap into Freedom Fulfillment Pillar #9 to discuss trust. As you listen to our guest today, she mentions how it took her over four years to trust before she would accept marrying her husband.

Be sure to grab your copy of all 11 Freedom Fulfillment Pillars. Go to www.TheLoveisKindNetwork.com/podcast and subscribe.

Fear and reliving her past kept her in a state of lacking trust.

I can relate to this, too.

The father of her children was emotionally abusive before they married but she was unaware of that at the time.

However, after marriage he became physically abusive.

That fear held her from developing a trusting relationship with other men.

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She was afraid that once they got married, he'd turn on her too and would become abusive.

This is a huge issue for women who have been in abusive relationships.

We see how the man flips from being nice and fun on moment to cruel and terrorizing the next. That kind of relationship breaks trust.

But to have a healthy relationship, you will need to develop that trust. A relationship cannot stand on a weak foundation of trust.

That's work that needs to be done.

I want to share a couple steps with you today how to rebuild that trust. It takes practice.

It's okay to go slowly.

My guest and I had similar experiences.

Her guy was kind to her.

My guy was kind to me.

That kindness felt unusual.

Was it real? Will it last? Will he change later?

These were questions we both had.

We were afraid and that fear didn't allow us to trust anyone.

That fear was valid. I want you to understand that your brain was giving you that information for a reason.

However, if you stay in a state of fear and not be open to what is then you will close yourself off to not only the good but the bad.

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First, it's critical that you know what's important to you and that you deserve it. It's not helpful to think that not being yelled at is important to you, but then deep down you don't believe you deserve it because of your past, and you let it happen to.

Second rebuilding trust takes time. You becoming confident in what you know and feel and you seeing consistent kind repetitive behavior from the other person.

When I did something and my guy didn't yell at me, I thought, "Wow. He didn't yell at me. That's surprising." That's how my brain worked.

And each time I did something that in my past my husband would have raked more over the coals for it, and my new guy didn't even blink about it, I learned bit by bit that was his true character. He was kind.

One day I went to the store to pick up a few items. I called him and asked if he needed anything. He asked for some bananas and other fruit.

I got the bananas. But then I stood in the store in the produce section, staring at the fruit. I was frozen. I couldn't move. I was terrified to buy fruit. Terrified because by former husband had screamed at me so many times for buying bad fruit and telling me that I don't know how to buy fruit and yelling to never buy fruit again. All those thoughts raced in my mind. I had to hold back the tears.

I left the store with only the bananas. When I told my guy he was completely baffled why I would think he'd get upset over the fruit.

I had to trust myself to open and share with him my experience.

I had to trust his reaction.

That episode created greater intimacy and trust.

And little by little, I trusted him.

And I am aware how others behave and that they don't deserve my trust. I hold onto my values.

Know what's important to you and that you deserve it.

Dip your toe to practicing trusting yourself and others.

You can't trust in a vacuum.

You got this.

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You deserve to be treated with kindness and it starts by being kind to yourself. It's this work on yourself where you demonstrate kindness to yourself. Remember being kind to yourself is not being selfish. It's discovering who you really are and showing up as the real authentic you.

I can help you. Take a moment now to take the [FreedomFulfillmentQuiz.com](https://www.freedomfulfillmentquiz.com). Thinking alone is dangerous because if you're like me you create all kinds of stories. Meaning you have all kinds of thoughts that you think are true, but really they are not!

Another thing: Being alone thinking no one will understand you is the first false story I want to dispel. Reach out. Reclaiming your voice, value, confidence and courage is journey I want to take with you.

Make sure to listen to Episode #1 where I outline my Freedom journey to be 100% me and finding the love of my life.

You got this.

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Today we're going to meet Dr. Christine Kozachuk, child bride to now the leader of International Every Girl Wins Organization and multi-award winning entrepreneur. Her journey is a living testament of how you can overcome and create your own win in life to learn and own your voice, create financial independence, and realize your dreams.

Dr. Christine Kozachuk 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 Dr. Christine Kozachuk.

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Rosie Aiello: Welcome, Christine. I'm so glad that you are with us today on Vulnerable to Valuable podcast.

Christine Kozachuk: Thank you, Rosie, for having me. I'm so excited today just to be a part of your show today.

Rosie: Christine Kozachuk, Women's Life Literacy Expert, is a native of North Carolina. Dr. Kozachuk is an international Speaker, International Award Recipient, Entrepreneur, Author, and a Global advocate for freedom and equity for all females of the world.

Dr. Kozachuk owns multiple successful businesses, including RC Mobile Truck Repair Services for more than 25 years, Every Girl Wins Institute that helps women rewrite the definition of their lives, and founder of International Every Girl Wins Day. Dr. Kozachuk was named as International World Civility Ambassador for her leadership and the ability to direct important public issues regarding humanity.

Another huge welcome to having you join us. And you and I have spoken quite a bit. And our missions are so aligned. And I just am glad that we can finally have you here. This is a podcast about women who overcome and you've done such a beautiful job of that. But I know it was really hard in the very beginning. You want to take us there a little bit?

Christine: Yes. My life started off as I was born in a rural community of around 700 people. And I became pregnant at the age of 13 years old. And I've married his father at the age of 14, and had two more children with him at the time, that's 18 years old. And in between that time, I was domestically abused, physically and emotionally abused, not just by my husband, but also by the community that would tell me that I would be nobody that was worthless getting pregnant at such a young age.

But I went on because that survival had at that time when I left my ex-husband, I was on death doors. And when I was on death doors, when I left him, I left with three children. I had no transportation, I had no money, we had no clothes, and we didn't know where we were going to go. But you know what, Rosie? At that time is when I knew that I had to survive. And I had three children that were dependent on me. And my survival instincts took hold of me at that time. I didn't have an education also and I went back to school and got my education, and have made a great life for ourselves.

Rosie: Yeah. That's such a great testament to what a mother will do, what you will do. And you were so young, even to have... It takes a lot of courage just to leave. And then when you're that young, and then with the three children and then having the community against you, I can't even imagine how challenging that was for you. And survival, I get the survival part, right? It was

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just, that was what's driving it. Was your personal family, your own family, were they supportive?

Christine: No. At that time, my ex-husband and I, we had moved to another state. And of course, going through domestic abuse and things like that, you have that shame of telling people and things, but my family was not supportive. And I'll tell you the one thing that, and I still tell my husband this day is with my mother, after she even knew what had happened to me with my ex-husband, the abuse and everything like that, she had told me that she wishes that I had went back to him so she wouldn't worry about me anymore. So that's the support I got.

Rosie: It's so tough. From my own experience and talking to anyone, we already feel alone, right? The shame keeps us hidden. And then yet, the people that you want to support you don't support you, but almost attack. I just can't get over the courage you had. So when you left work, where did you go? How did you build your life back up?

Christine: Well, when I left at first, in this small town, the only person I really knew was my babysitter. So she allowed us to come in and stay with her for a little while. And I'm going to go back to where you said, getting support with my family. And I'm sitting here thinking about my mother. But my aunt actually invited us to Florida. It's a new story. And that's actually where I met my husband now. I went to Florida. That's where I got my education with the GED and met my husband. So that's where the new story happened when I had moved.

Rosie: That's interesting because I think no matter what, it's really hard to do things by yourself because I mean, you've been abused. You're in trauma, right? You're in trauma right now. You are to think when you're in trauma. I mean, I know for me, my brother was my brain for a good part of this that I could not have functioned. I couldn't have done the escape without him either. You got your education, which was good. And then at what stage did you meet your husband? How old were you then?

Christine: I was 20 when I met my husband. We met in Florida. I was 20 years old. It was trust. I still did not trust. But there was something about him that was just so kind and so caring, and he was non-judgmental. And then he took our kids. I'd say not my kids, but our kids. He just absolutely fell in love with them. And my kids were six, four, and two at the time. Yes. And it was just, he's amazing. He is absolutely.

Rosie: And how long have you been married now?

Christine: Well, we've been together 30 some years.

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Rosie Aiello: So, that's a long time. So that's fabulous. I'm so glad you have that experience because this is what's important for women to hear that this is possible after you've been in an abusive relationship. There are kind men out there, you can find them. And was it hard for you? You mentioned about trust. So I want to talk a little bit more about that. But for me, it's bizarre as it sounds, like it was hard for me to receive kindness. It was foreign to me.

Christine: Yes. It was really hard in the beginning because I was so afraid that he was going to put his hands on me or he was going to emotionally abuse me or mentally abuse me. And it took me a long time to trust him. Actually, we lived together four and a half years before I would even marry him because even though we lived together, I still didn't trust our marriage. I felt like when I marry him, he's going to think he owns me, because, for my ex-husband, that abuse did not start... Now that I think about the mental abuse, the physical abuse, I think back about it. It didn't start until after I married him. And I was so afraid when I married him that it was going to happen. But it didn't. I mean, here we are 30 some years later. Here we are.

Rosie: Yeah. That's just it because they can change. And so, it's like, "Well, is he going to be nice now? is it just the sweet talk and the love-bombing? They start to call it now. It's like going to do all that. But then once you've got me, I can't get out. In that marriage, I can't get out. Then he turns and I'm going to be stuck."

Christine: Right. Yes, that was that.

Rosie: He's being kind. He's being consistently kind to you that, "Okay, this is real. This is real." How did it feel for you?

Christine: It was still foreign to me for quite some time. But I look back on it and I think to myself, I understand why it was foreign to me. But now, it's just him. I mean, he said he never gave up on me for that emotional because he understood what I went through. And there was in the beginning, I was more unkind to him than he was to me because of the fear of what I had went through. But he's amazing. He's amazing, yes.

Rosie: I'm so happy for you. So when you were in the transition of becoming who you are, right? That was the whole process. What were some of the things that maybe you can share that you did, or you do now even to really own your own truth, let's say, own who you are?

Christine: Well, that's such a great question, because it took me, I'd say I'm 50 now, about five years ago until I took personal development training. And through this personal development training, even though I knew how successful I was, it was like, I was on autopilot in doing, but deep down, I didn't know. I was still struggling with what had happened to me. I was still struggling with people judging me. That was still stuck in my mind.

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But I took personal development training about five years ago. And when I took that, it just changed everything. That's one thing I will tell anyone that's struggling with that, take a personal development training just to get your mindset right, because it takes a lot. It really does. It takes a lot of training. I didn't go to therapy, but that training of going through that... I went through that for about six months. It was amazing.

Rosie: Yeah. I appreciate you sharing that because women who've gone through this, they just think that's what the things are, and they don't realize how much their brain has literally been rewired from that abuse and how just keep staying and staying. We were abused, we were put down, and more things. And then we do the self-abuse, the self-criticism, the self-judgment. We're not compassionate with ourselves. These are all things that I do go in my program too. I'm just like, "Oh, so then we have to shift from all of that." And you got to get that training from outside yourself and realize, "Oh, I do deserve to be treated with kindness. I do have my own voice and my voice matters."

Christine: Yes, absolutely. And without that personal growth training that I had went through, I do not believe I'd be standing here doing what I am doing today with females, because I had to fix my own struggles before I could help anyone else.

Rosie: And that's what it is, I think. We're out here. We're out there doing it. And we had to really grow. But for me, and I'm sure it is for you, it's a lifelong process of constantly growing and discovering you. You get to say, "Oh, I've got that." But then something else comes and you go, "Oh, I need to look at that. How can I evolve even further? How do I need to grow so I can serve better?" The women and girls that you support and the women that I support. It all really takes effect.

What about, what was your journey on, and we touched upon it a little bit, but on learning to receive, like I call it receive with grace, which I think is really challenging for women because we're always givers, we're always doing, we're always this. What was your journey?

Christine: Well, that's a really great question, Rosie. You know what? I've never really even thought about that, receiving in the kindness and the love and just for my husband. I guess it's just a day-to-day process. I really don't have an answer for that because I've never really thought about that.

Rosie: So did you find yourself when somebody... not even outside your husband who was... I don't know. Maybe just even gave you a compliment.

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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 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 and subscribe.

And we're back with Dr. Christine Kozachuk, who is on a mission to help women rewrite the definition of their lives and create a life of their dreams.

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Rosie: Are you able to receive it with ease?

Christine: No. And still to this day, I still struggle with that. Someone given me a compliment, I'm like, "I'm just Christine." But it's still something I still struggle with. And I even teach that. Accept that compliment. Accept that compliment because you deserve it. But it's something that I still struggle with to this day.

Rosie: And I think a lot of women do, right? I think a lot of women do. And then I think this is... I was reading the other day where there's a difference between bragging and really accepting who you are or what it is that you've done, so that you have received this ability award. They've created this fabulous organization to support women and girls all over the world.

I mean, it's truly amazing the work that you've done, where you started as a young girl, 14 years old, pregnant, the whole world against you, right? Really, the whole world was against you. It's such tough really being a child and still developing, and then being with somebody who can support you, who was then poured on top of you more abuse till you realize how smart you were, right? That survival. You went through the transitions like, "I can't live this way. I'm getting out of here. I don't know how I'm going to do with it. I don't know what I have. Nothing." And you did it.

And creating this life that you have now is such a journey, and for women to see that this is a possibility for them, and the more you learn about yourself. So I want to congratulate you for everything that you've done and what you're doing in the world.

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Christine: Thank you so much. And Rosie, when I receive an award, when I receive it, I just don't receive it from my super self, I think of this girl that sits in Africa that has no hope. I received that for her to know that she can create the life she deserves. Or I'm receiving it from someone in Guyana that has last hope. Every time I have an award, I accept it in the honor of females around the world because that's what I do every day. And these awards that I have are not just mine, it's theirs also.

Rosie: So what are some of the principles that you teach these girls?

Christine: A lot, Rosie. Through Every Girl Wins, we have a lot of literacy programs. And there's five principles that we teach, that is when life literacy is identified. First, they have to identify, what is it that's holding them back? What is that limiting belief that's holding them back? Then they have to understand it because if they can identify it, but they don't understand where it's coming from, they're still not going to be able to grow.

And then there's create. Then we go into – once they've done that, identify, understand –create. What is it that you want to create in your life? What goals do you want to set? Because you can do it. So we work on that part.

Then we also work on collaboration, because collaboration, one thing I teach them, you can't do it alone in this world. You cannot. And we teach collaboration. And one of the programs through collaboration is on climate control for women, because a lot of women in these third world countries as you know, they are really hit hard with climate control, the climate. So we teach them how to put together a program with collaboration for climate control to change it in their community.

And then we have communication. And communication is key, because a lot of people tell me, "Well, have you been married so long?" I tell people communication. Without communication, you can't get anywhere. So you've got to communicate and use your voice.

So those are the elements that we use at Every Girl Wins to show them how to create their life they bet they deserve. And then we have an economic program and also an entrepreneurship program that we help them go through also.

Rosie: And everything that you shared is for everyone, right? These are the same basic principles that we have to go through that a woman who wants to evolve, if she's been in an abusive relationship or a toxic relationship or just controlling, these are still the steps. You said you went to the personal development. I've done that too to get rid of those limiting beliefs, to identify what the heck they are that's holding us back.

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And I think the whole part about creation, to me, this is about really creating that vision. And when you look forward, you have a new hope. It's a good hope, right? I call it there's the two hopes. On is the bad hope, where you keep hoping he's going to change, right? That kind of hope, you keep hoping. Well, if I just love him enough, I just keep doing that. But that keeps you stuck. But then they, "Oh, I can create a future for myself." That gives you a whole new hope to strive for and to put your energy behind.

And I think what you're doing is phenomenal because if these girls do what you teach them, they won't be in abusive relationships. They will be empowered. And that's what we need to do. Right now, like you and me, we've been band-aided. We've got the care, but it was after. We want to stop it. That's been my mission too. We don't want this to continue in the world. We want to raise girls who are strong, who have the voice, not to be afraid to say, "No, that's not right," and to take action based on that.

Christine: Yes. And what you're saying is what I tell a lot of people. I used to feel like I was the victim. And now I know that I'm victorious because I know deep down in my heart that I went through what I went through to be able to do what I am doing today for females of the world because I don't want them to suffer in the way that I suffered. I want to start it soon, and because I work for it with girls and women from age 16 to 60. We all need it. Like I said, five years ago, I was doing the personal growth, no matter what, but it just takes that person like yourself and myself to let these women know it's okay. It's okay.

Rosie: Yeah. It's okay. You have that right. And you're raised and grew up in a rural area, in many parts of the United States, and then the world where they have, let's say. And I was in the Middle East where thinking is a lot different. So it's that much harder. So it's really stretching their minds of what is actually possible.

I think that's the other message that we can deliver to these girls and the women is that it's possible. What you're thinking, it's really possible when it's even never been done before, that, yeah, you could be an elected official, you don't have to get married if you don't want to get married, you can get married when you want to, you can go to school, you can do all these things, you can create a whole brand new life. And when I just tell the women, "You deserve to be treated with kindness," just that simple thing, their mouth just drops like, "Really? Really I can do that?" And imagine your girls, "What? I can really go to school and I can learn? It's really true? I can create my life?" I mean, it's mind-blowing.

Christine: Yes. I mean, it really is, especially when you're working with these young girls and women. Yourself, it's like you're speaking and telling them they can. And they're like, "Really? I can?" Yes, you can. Yes, you can. And it takes that willpower, that wanting to do it. And that's

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one thing I tell so many women. I can sit here and I can tell you all day long that till you take action behind what you're wanting, it's not going to happen.

Rosie: Right. Yeah. And I think it's good that creating these communities so they can start to believe and see other people do it. They saw you do it, they see me do it. Like, oh, that gives the validation because when there's that fear, it's like, well, "It's okay. They've done it, they're special. You're special, Christine. I'm special, Rosie, but we're not."

Christine: No.

Rosie: Not.

Christine: Rosie, the great thing, too, is with social media. We're able to touch more countries than what we could 30 years ago.

Rosie: Yes.

Christine: Let a lot of these young girls know, even these women know. So technology is bad in some way, but it's great in some way too, right?

Rosie: And that's really, really true. It's really true. In this way, it makes the world smaller, but it gives so many more tools and opportunities to hear that. And I'm hoping that this podcast will get out there in your community where you're working so these girls can hear it, really hear it and learn to start taking on that belief themselves, because sometimes I say, "Well, if you don't believe it, just believe me. We all believe for you. We'll hang it on together." And I think that's why it's so important not to be alone, ever.

Christine: What I tell my students is, "Just trust the process. Trust the process. Those that went through in this, it's trying to show or teach you. Just trust the process of how they're guiding you and what they're doing. Just trust the process."

Rosie: Oh, I love that. I love that. So this has been so interesting, and to hear how far you've come and what you've created because of that. A friend of mine says not all women do that, right? Not all women have to, but you chose to take on this role and you're doing that beautifully. So, we thank you.

Christine. And thank you. Thank you. Thank you so much. And you know what? I tell so many people, the legacy that I'm leaving, I just don't leave it behind for my daughter or my granddaughter. I'm leaving this legacy behind for all females of the world.

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Rosie: Absolutely. Yeah, I agree with you 100%. So how can they find out more about you and the organization? I'm sure there'll be people who will be wanting maybe to get involved.

Christine: Absolutely. You can find me on any social media at Every Girl Wins. And then also, you can find more information at everygirlwins.com. And if you don't mind, Rosie, we're also having an International Every Girl Wins Day, which is March 13, which we will be honoring Rosie on that day. On that day, what we stand for is education literacy, healthcare literacy, economic literacy, and also entrepreneurship literacy. And we stand for freedom and equity for females worldwide. And I have a free gift for you. You can go to my website. It's a self-motivational book. You can get on my website at everygirlwins.com.

Rosie: That's beautiful. I think everybody should get that too because that's exactly what we've been talking about full-time, to help them get motivated, to see that there's a new light. They can create a life. I would like to ask you the final question, what does Love Is Kind mean to you, Christine?

Christine: Oh, my goodness. Love Is Kind is when I... You just said that, and I was thinking about my grandson, my three-month-old grandson, because Love Is Kind is you're not born with hatred, right? They are so loving and they're so kind. And if we could all just go back to being that child like that, and being loving and being kind. And being loving is like my husband opening the door, putting my coat on, and giving compliments.

Rosie: You received with grace.

Christine: Yes, that I received with grace, and it took me a long time to do that. And just being civil with one another. Being civil with one another is love and is kind. And you never know what people are going through. They may be having such a bad day. And if you just give them a smile, that's kindness. If you can just pick up your phone, and you're thinking about a friend and say, "Hey, I'm thinking about you." That to me is amazing. I do that a lot. I do that a lot.

Rosie: Yes. I think it's such a good idea too. Sometimes people think, "Oh, we haven't talked a long time, and just like, "I'm just thinking of you." I do that too.

Christine: Yeah. If I get one, it's like, "I really needed that."

Rosie: You never lose with kindness. It's a win-win.

Christine: No, you don't. I mean, to me, it feels better being kind and loving than just being mean and hateful. It makes you just feel great inside. Think about it. It makes you feel great.

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Rosie: Absolutely. Well, thank you so much for all your brilliance, your time, and for all the wonderful work you're doing for women and girls in the world.

Christine: Thank you so much, Rosie.

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