

## Ep #031: End of the Powerless Little Girl



**Vulnerable  
to Valuable**  
*with Rosie Aiello*



Pi Venus Winslow

**"End of the  
Powerless  
'Little Girl'"**



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### Full Episode Transcript

With Your Host

Rosie Aiello

## Ep #031: End of the Powerless Little Girl

When you've been in an intimate partner narcissistic relationship, you know you've had to make difficult choices and decisions to leave—for your own mental wellness. But what if it is or was your parent?

Our guest today shares her path to empowerment by making choices where she put herself first. The choice put her on a path of finally being honest to herself what she was doing and what she was creating. What challenging choices have you had to make?

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.

My guest today, Pi Venus Winslow, is a life and transformation coach for those who had an upbringing by a narcissist. Her journey to empowerment and feeling valuable made her realize that she had to finally take responsibility for her own life.

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

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In today's mini masterclass, I share the key that will always hold you back in your life, and the secret that will set you on your path to freedom and empowerment. It's easy to recognize if you know the signs, but not usually that simple to shift, at least not at first. But it's worth it.

It's something most of us who experienced a narcissistic, abusive or toxic relationship fall into.

It's the difference between creating a life filled with love, joy, and kindness, and a life filled with suffering, loneliness and sadness.

You probably know some people who are stuck there. Maybe it's you. And where is there? In victim mentality. In victimhood. Now stay with me. This is important.

Feeling like a victim is a normal part of the process when you've experienced a toxic relationship. When you feel you've been wronged. They did these awful things to you. You're angry and upset. You have a right to be angry and upset.

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I know. I've been there. And things come up in my life where I catch myself slipping into victimhood again.

Staying in the victim mentality is what holds you back, and keeps you stuck from creating the life you desire.

How do you know if you're still creating the role of the victim? Or if someone you know is stuck in the victim mentality?

Here are a few signs:

1. You hang onto the past as if it's happening now. You can't let go. You ruminate over and over all the wrongs that were done to you. You keep talking about the bad things that happened to you.
2. You seek evidence that you are right, and they were wrong. You keep thinking or telling others how what you did was right and what the other person did was wrong. You paint the picture over and over.
3. You blame others for your life today.
4. You may feel people owe you because you had such a difficult life.
5. You make excuses why you can't move forward—for example, you think my situation is different, you believe that depression is a reason you can't be more productive in your life, or you may think, "I can't do it,"
6. You don't take responsibility for your life. This is the result.

I'm going to go into more detail about point #5—not taking responsibility for your own life, but first I want to clarify any possible misunderstandings in what I'm saying. And you'll hear me repeat this several times.

I'm not saying that they were right or correct in their behavior towards you. They were not, if they were doing any kind of abusive behavior. They are responsible 100% for their words, actions and behaviors. They probably tried to blame you for why they did it.

Have you noticed that narcissists and abusers don't take responsibility for their behavior? They blame. And that they act like the victim?

Right.

So why are you?

Well, again you may say, but I was wronged. I didn't do anything bad. Why is it my fault? I'm definitely not saying it's your fault.

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Some people discover—subconsciously—that being the victim is comfortable. People feel sorry for them and help them—a lot sometimes. But those same people may start to sense your neediness, which is not pleasant. And those people who were kind and helping you, start to turn away. Staying in victimhood keeps you in a dependent role. The opposite of creating your life.

It's easier for the victim to stay a victim rather than do the work of empowering themselves. That's hard work. It's not fun. It's often painful because you have to look deep within yourself and ask yourself questions to discover who you are and how you want to show up in this world, and be willing to do the work on yourself to change.

If you are struggling to make your life, if you have trouble making friends, or don't have friends, if you can't get out of bed, if you can't make money or get a job, if you feel tired and listless, you may have depression but the victim mentality maybe holding you in that state. Talk to a professional and tell them what you do and how you are thinking. Ask them directly am I acting or thinking like a victim?

You may, like me, have felt like a prisoner in your relationship. I get it.

As long as you hold onto being the victim, you're creating your own prison. You're making your world small.

When you go through the work of looking at yourself, questioning your thoughts, feelings and behaviors and seeing if they are aligned with who you want to be and how you want to show up, you'll quickly discover that you're not showing up as your true authentic self. Instead you're playing a role so that you can blame others for what's happened to you.

The secret to creating your joy and freedom is to take responsibility for your life. To accept that you were treated poorly, --we are not going to deny that, but that's in the past. Remember there's nothing you can do about it.

You can choose to spend the rest of your life trying to show and prove to the one or ones who wronged you that you are right. That they should apologize. That they should make amends. That there should be justice.

That they should do this and that.

They may.

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But most likely they will not. A narcissist does not apologize. Not in my experience or to the people I've spoken to.

So you have a choice. A decision to make.

Do you want to be empowered and create a life that you desire, or do you want stay comfortable blaming everyone else why you have a lousy life and live the rest of your life probably estranged from loved ones and friends because they feel or sense your victim mentality?

You have one life to live. What choice are going to make?

Taking responsibility, means taking responsibility for YOUR life.

Stepping into empowerment and freedom means that you:

1. End the blaming of others.
2. Live in the present. The past happened. There's nothing you can do to change the past. NOTHING. Accept the past. I'm not saying to accept what happened in the past, I'm saying accept the past is the past and you can't do anything about it.
3. Be aware of when you tell yourself why you can't do something, although you'll think the reasons are the truth. It's good to talk to a therapist or a life coach to help you see what you are creating.
4. Write down what kind of life you want to create –starting today.
5. Don't judge or criticize yourself if you realize you've been staying in victim mode. That's not helpful.
6. The MAIN KEY: Take responsibility to CREATE the life you want. It all begins with a thought.

You have a choice. Victimhood to hold you in the past or Responsibility to create the life you desire.

You may feel fear. You may think I can't do that. You may wonder how to move your life forward. This is normal. Reach out to a professional. Listen to these podcasts. Do research. Take the assessment here. Ask yourself the tough questions:

How am I being a victim? Start by creating an awareness. It will change your life.

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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

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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)

Over the course of forty-five years as a daughter of a malignant narcissistic mother, Pi Venus Winslow has a lifetime of experience and understanding of the emotional and psychological effects of being raised by a narcissistic parent. Through her own transformation she has stepped into her divine purpose as a transformation life coach for those recovering from a narcissistic upbringing.

She is on a mission to empower others to stand for their self-worth and embrace their authentic selves so that they can intentionally free from co-dependency, narcissistic abuse and victimhood.

Pi Venus Winslow 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 Pi Venus Winslow.

**Rosie Aiello:** Welcome, Pi. I'm so glad that we finally got together.

**Pi Winslow:** Thank you, Rosie. It's a pleasure to be here.

**Rosie:** Yeah. Well, I'm going to tell our listener just how fabulous you are. So Pi Venus Winslow is a published author, public speaker, and transformational life coach for those recovering from a narcissistic upbringing. Pi's mission is to empower others to reclaim their authentic selves and live intentionally free from co-dependency and narcissistic abuse.

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It's such a pleasure to have you because our missions are so aligned. And you know, so when you say reclaim their authentic selves, I say the same thing, reclaim your voice, your value, your confidence, and courage. It's really getting back down to who you really are. And yours is from a slightly different angle, from being a child of-- in this case, a child of a narcissistic mother. In my case, I was married to a narcissist. My daughter was the daughter of a narcissistic father. So there's all kinds of combinations that you can have, and some have both and some have siblings, and everything else. So I think the work that you're doing is actually phenomenal.

So just to give the listener a little bit of a background, why don't you just share what it is, the relationship you had, and then maybe some other relationships that were impacted by the one that you had with your mother?

**Pi:** Yes, certainly. Thank you, Rosie. So I am the daughter of a narcissistic mother. I grew up with an alcoholic father. My mother was a narcissist. And I didn't realize my mother was a narcissist because it wasn't as obvious as my father's drinking. And I could physically see him doing that. However, I struggled my whole life with identifying what was the issue with my mother, and why she made me feel uncomfortable, violated, and crazy.

And I didn't figure that out until I was about 45 years old. And I think it was because narcissism wasn't something that people really talked about. And for me, making the connection, like the light bulb went off, and I realized, "Oh, this might explain why my life is played out the way it's played out."

**Rosie:** So can you identify now some of the things that she specifically did? Taking it from the point of view of a child, and now you're an adult, what was it that she was doing that you couldn't identify but now you can, that made you crazy and uncomfortable?

**Pi:** Yeah. Well, she liked to talk about herself a lot. And she would always turn the conversation back to herself. It was never about me at any given time. It was always like how it was about her. She would turn the story back to her. She would put the focus back on her. If I did something that she didn't like, then there was a lot of guilt, there was a lot of shame, there was a lot of criticism. And this happened on a daily basis.

It started when I was very young, I believe, when I started to develop my own identity. And that's when she decided she wanted me to be different. And so when I didn't measure up, there was a lot of criticism. If I was complimented, the compliment was for her. It was not for me. And she wanted to be the center of attention. And so if there was any attention on me, I think it was because I was female, it was a threat.

**Rosie:** Do you have siblings?

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**Pi:** I do. I have a brother.

**Rosie:** You have one brother. She saw the difference with you and your brother?

**Pi:** Absolutely. Yeah. She was very hard on me. I was the oldest. And I was supposed to know how to be a little adult. And because I wasn't, I was a child, when I did not know how to do things, she would get very angry with me. And she would tell me, you should know better. And she would tell me to use my brain and to think and that I was responsible for my brother's behavior. And if he did something wrong, I was the one who got the blame.

**Rosie:** Yeah. This is really interesting. (1) I have it from my own personal experience with my husband, but as you're describing it, (2) I just think of my daughter's experience with her father and how he was always putting the blame on one of us. It was, she had a choice, especially as she got older. And it became-- you correct me, but for her, it became very apparent when she started to enter adolescence and started to have independent thinking, right?

And, you know, it's normal when you're going through adolescence to defy your parents and to push the limits. But then it's like, what? You're not my little girl who I can control now and who adores me, right? It's the same. That's how he was with my daughter. And he would literally tell her, "I want you to adore me." He would say that to her. And as she got older, it's like, "You're crazy." You know, she wouldn't say that, but I mean, they would get into arguments that she tried to voice herself. Was that similar to you as well?

**Pi:** Yes. She wanted my-- she wanted me to acknowledge how important she was, how beautiful she was, how smart she was and how amazing she was. Her middle name is Grace. And when she would tell people her name, she would actually say her middle name was Grace, as in Amazing [Grace]. So, there was just this consistent messaging to me how wonderful and amazing and powerful she was, and then how not very smart, incapable, always doing it wrong I was.

**Rosie:** So you're always put down, always less than. So you felt you felt crippling shame. What does that look like for you?

**Pi:** For me, for most of my life, I would experience going into this shame spiral. It was like a black hole. And I would start thinking and believing that I was unworthy, unlovable, horrible, defective, disgusting. All the negative things that you could possibly think of, I would start thinking those things. And then my body would respond with this flood of emotion. And it was like, my whole system would flood with these feelings. And I would have panic attacks. I would disassociate. I would hide under the bed. I was depressed. I would cry.

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When I was in my teenage years, I went into a deep depression, and I was suicidal. I didn't want to get up in the morning. I didn't want to talk to people. I just wanted to disappear. And yeah.

**Rosie:** So that's really interesting because you had it all, but at that time, you didn't know what was causing it. You just knew all these feelings because you're still a teenager. And true, even for me. This is really interesting to have this comparison. I was married 18 years before I knew I was in an abusive relationship. And it was only after I write a book because again, you know, as a child, you have no preconceived ideas of what a parent is other than "Well, I'm just supposed to be loved." Right? You don't-- and same thing in a marriage, right? Well, you're not going in expecting you're going to be attacked. Right? But to me, it's so much worse from a child's point of view. You're innocent. There's nothing that you really have done.

So how did any of that resurface in later life and other relationships? We kind of get attracted to what we know because we don't know that it's something out of the ordinary. That's just what the brain knows. So did you enter into other narcissistic relationships or unhealthy relationships?

**Pi:** Yes, absolutely. And I know now it's because they were-- I experienced similar feelings, right? So yes, I definitely experienced narcissistic abuse later in life. I had a boyfriend at one time who was a narcissist. I didn't realize it, of course, until much later. But looking back on that six-month whirlwind relationship now, boy, it was quite a ride. It was exciting. It was passionate. It was like, it just pushed all of my love buttons. And the reason it did was because he pursued me. And so the childlike part of my experience growing up was enthralled with somebody wanting to pay attention to me and thinking I'm worthy.

**Rosie:** "Finally, someone's paying attention to me, you know. Finally, somebody is seeing that I'm important." Yeah. So continue. Yeah. So then what happened?

**Pi:** Well, he started violating limits, only one at a time. And, his excuse was, "I just love you so much." And "I can't stand being away from you." And so, he would like, slowly over time, more and more getting into my life, getting into my heart, getting into my home, getting into my business, getting into my other relationships.

**Rosie:** Yeah, you know, I want the listener to really hear what you just said. I can't-- what did he say? "I want to be with you all the time." What was the phrase you said?

**Pi:** He would say, "I want to be with you all the time. I love you. You know, we're connected, we have this soul connection. This was meant to be. I can't live without you. You're everything".

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**Rosie:** So those are the phrases that suck women in, right? Because it sounds good, right? And it feels good at the time until you start to see, then you said, “He gets into my relationships, into my business.” So it’s like this infiltration. This is the pattern that I want everyone to hear. And we’re going to go in just a little bit how she moved forward. But what you just said is so important. Because I have spoken to women who were even out of it for 12 years and didn’t even know they were in an abusive relationship with the guy who was a narcissist because the women tend to blame themselves. So as the child, you know, the child being in your relationship, did you feel also even growing up a lot of blame was put on you? You were blamed. You kind of mentioned that actually earlier. Right?

**Pi:** Yeah, I was blamed. But here’s another part that is similar to that relationship. My mother also infiltrated my life. She wanted to be-- she wanted to know where I was, who I was talking to. My grades were very important. And, heaven forbid, I come home with a B. It should be an A.

**Rosie:** Yeah.

**Pi:** She wanted to have control over me. I didn’t even get to really have a life as a teenager. Like other people I knew who would go to dances and they would go out on dates, and they would hang out with other people. And for some reason, it was never okay for me to do that.

**Rosie:** Yeah, that was like my daughter. That’s what her father did. Same thing. Exactly the same thing. And so, I mean, she’s been diagnosed with complex PTSD. I don’t know if you had that same diagnosis or not.

**Pi:** Yes.

**Rosie:** Yeah. Because that’s, you know, that’s what happens with children. So then, you went on with these relationships and things like that, but you went on a journey to really find out about yourself. What triggered that? Like, “Something’s not right here. I got to figure this out.” What happened?

**Pi:** Yes, it was an interesting story, because I can look back on it now, and I can see how everything fell into place so perfectly and divinely. I have a spiritual practice in the morning where I pray, and I get quiet, and I listen to my inner wisdom, or I listen for inspiration or messages. And I got a message that it was time to go visit my mother.

**Rosie:** What time period are we talking about?

**Pi:** This was probably about five years ago.

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**Rosie:** Okay.

**Pi:** About five years ago. Maybe six.

**Rosie:** Okay.

**Pi:** And I got this voice in my head said, “It’s time to go visit your mother. It’s just time to go and face it.” And I’m like, “What does that mean?”

**Rosie:** “What does that mean”? Oh, interesting. Yeah.

**Pi:** “What does that mean?” And I’m thinking to myself, well, I don’t want to go and visit my mother. My mother makes me crazy. Every time I spend time with my mother, it takes me two weeks to recover. I don’t want to go see my mother. And the voice was very persistent. Very persistent. And finally, I just said, “Okay, spirit, guides, guardian angels, whoever you are, I will do what you say, even though I didn’t want to.”

So I booked a flight to Florida to go spend three days with my mother, and I took my brother with me. So we went to go and visit her. And sure enough, by the second day, mid-morning the second day, I realized I was sitting there listening to my mother. And I realized she had been talking about herself for 45 minutes. And the conversation had started with me talking about something that I did before because then it was about her. And I thought, “Why does she keep doing this? Why does she keep doing this?” And so out of curiosity, I just Googled it: “People who turn the conversations back to themselves.” And I got a hit. And it was narcissism.

**Rosie:** Yeah. Oh, interesting.

**Pi:** And then I thought, well, that’s-- you know, that seems kind of extreme. Like, really? And I started looking through the article, and there were checkboxes and it said, “Narcissistic behavior is 123456.” I think it might have been eight things. And I was looking through the list and checking all the boxes.

**Rosie:** So there was a big realization like, man.

**Pi:** Yeah, yeah. It was like, a light went off. It was like, there was a room in my mind that had been dark my whole life. And all of a sudden, the lights came on. And I could see into every corner and I was like, “Oh, wow.”

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**Rosie:** Bing, bing, bing, bing, bing, bing, bing, and everything's lining up. It's like, all of a sudden everything's making sense, but not quite yet. It's like, wow.

**Pi:** Yeah, yeah. And then my second thought was, "Wow, well, if she's like this, what am I?"

**Rosie:** Oh, interesting.

**Pi:** And so--

**Rosie:** That made you think that "Maybe I'm a narcissist too?" Is that what you thought? Or what was that "What am I"? Or that "I'm the daughter of one," the realization that I'm the daughter of one.

**Pi:** Yeah, it was more of like: If I grew up with her being this way, all the time. And that was my life. How did that affect me and my life choices? As I was well aware of how we live our lives based on how we grew up, like I was aware of the life choices go back to your childhood and parents connection. However, as I mentioned, you know, at the start, I always thought it was my father, because he was an alcoholic.

So all my life, I was like, "Well, my father, my father." I didn't even know to look at my mother, because narcissism is, you know, it's kind of a nefarious, invisible thing. Unless you know what to look for, you don't know...

**Rosie:** ... what to look for.

**Pi:** Yeah.

**Rosie:** Right. It's very insidious. Yes, it's very slow, and it seeps in, like how you described when you had that relationship, you know, "I can't live without you." It sounds so good. "And then he infiltrates. And then he gets into my family, into my friends, into this." It's so slow. And then all of a sudden, you're just sucked in, you don't realize it, right?

But as a child, it's even more pronounced because you're starting with a very blank slate of a mind. As a child, you're not expecting anything. I think most children, we just make lots of assumptions about our parents – they don't make mistakes, they're good, they're here to help us. Because you have an alcoholic father, I'm sure that was-- again, that was so obvious to like, quote, unquote, "blame him", you know. Well, he's that and all of that. So that's the route, and not realizing other dynamics are happening in the family.

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

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

And we're back with Pi Venus Winslow, life coach to those who've been raised by a narcissistic parent.

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**Rosie:** So let's turn to a little bit, you know, like, now that you're on the track, you know, that big realization. So, what were some of the things that you started to do to kind of heal yourself? Maybe, I don't know, self-forgiveness. How did you start that process?

**Pi:** Well, the first thing I did was I went no contact. And I really had to do that. And that was the first step for me. And when I returned from that trip, she was very angry with me for not responding to her text messages, because I was processing a lot. By the end of that trip, I was like, Whoa! Everything I've ever known, I got a question now.

And looking at her behavior, it was affecting me and recognizing, "Wow, I have felt this way my entire life." I was aware of myself dissociating while I was there with her. I was aware of every little jab that she made. Every little thing that she said, I was aware of her talking to my brother behind my back. It was almost like I was in a dream.

So when I left and I got away from her, I said to myself, "Well, I need to do some things to take care of myself. So I'm not going to respond to her. And I'm going to try to calm myself down and figure out what is going on." And because I didn't respond to her, she got very angry. She sent me a very disturbing text message, which I've shared with other people, and they're just blown away. They're like, "I cannot believe your mother would even say something like that to you." And I'm like, "This is nothing."

The gist of the message: mean, and hurtful. She said, to the effect that you're my daughter, "I can do whatever I want to you. And there's nothing you can do about it." And that makes me laugh.

**Rosie:** Wow.

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**Pi:** And I thought, well, I was shocked. I felt creepy-crawly, really gross. And I thought, “Actually, you know what, there is something that I can do. I can say no more.”

**Rosie:** Yeah.

**Pi:** And that was the first step. So I wrote her a letter the next day, and I said, “I’m sorry, I cannot be in a relationship with you. Please don’t contact me again.”

**Rosie:** And that was the beginning of that period, the beginning of the no contact. I mean, the solid, no contact, you wrote to her. And I assume she’s made attempts to contact you or?

**Pi:** I got a letter three days later from her.

**Rosie:** Sure.

**Pi:** I didn’t read it. I just threw it away.

**Rosie:** Yeah, this is the-- the healing journey is really, it’s a process.

And so what are some of the other things now that you’ve done that you can even, you know, share maybe some of the techniques or strategies that you know, that you may even practice to this day of, maybe getting grounded, or, you know, knowing who you are? I think part of the thing is, like, you know, not feeling lovable or feeling worthy.

**Pi:** Yeah. It’s been a journey. So recognizing what narcissism was, learning what it was, and recognizing, like you said, “Oh, these are abusive behaviors”, and recognizing how I experienced that throughout my life, remembering things that happened in my life. I was fortunate enough to have some journals, in the attic, that I could go back and look through and reread and be like, “Oh my goodness, look, it’s right here.”

**Rosie:** You’re expressing it, but not knowing that’s what you were expressing?

**Pi:** Yeah. September 21, 1985. Look at this, right here. Here’s an example. Here’s a perfect example. Right? So educating myself about it. But that didn’t help me feel better. That just gave me some knowledge.

What helped me to feel better was to learn how the PTSD was affecting my system, my thoughts, and my emotions. Learning that I had a choice around my thoughts, and learning how to manage my emotions, because I never learned how to manage my emotions. I just got flooded as a child,

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emotionally flooded as a child. And then as an adult, that would happen. Every time I was triggered, I'd have this emotional flood of hormones in, you know, in my body and out-of-control feeling going into that shame spiral. And then I would react in the same way as I did as a child – shutting down and withdrawing and crying and all of that.

And so learning how to manage PTSD, learning how to manage my emotions, learning how to modulate my emotions, learning how to calm my body down when I was triggered.

**Rosie:** How did you calm your body? Can you give an example of how you do that?

**Pi:** I breathe.

**Rosie:** Focus on the breath.

**Pi:** Focus on the breath and relax my shoulders. So when I am triggered and I go into fight or flight mode, my body tenses up and I feel it in my shoulders. They come up to my ears.

**Rosie:** Yeah.

**Pi:** And I hold my breath. And I feel fear in my body. A panic in my body. So by relaxing my body, you know, and taking some deep breaths, I can regulate my system, that the adrenaline that's been dumped into my body can start to dissipate.

And I can start to calm down, calm my body down, and then I can access the thinking part of my brain again.

**Rosie:** Yeah.

**Pi:** And I can ask myself, "What's really going on here? Am I in danger? Or is my life being threatened?" The answer's no.

**Rosie:** Yeah, those are important questions to ask, I think, because I remember when I went through that same period, that when the body is in that hyper state, it's hard to, you know, get the rational mind working. And breathing is really helpful.

And then the differentiation between fear and danger. You know, if you're not in danger now, it's past, the mind is still reactivating it. So that's always a good technique, but it's not until you do that really slow, deep breathing can you even start to get there.

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You gave a really clear example of setting a healthy boundary to protect yourself. And I think sometimes that's hard for people, especially with a parent.

**Pi:** Absolutely.

**Rosie:** We're supposed to love our parents, and we're supposed to, you know, all the supposed to's. Did you feel any backlash from people? "How come you're not talking to your mother anymore?" Did you have any pressure from society or religion or whatever that, "Just talk to your mother," or any of that that you had to keep maintaining boundaries with other people? How did that show up?

**Pi:** Yes, it-- yes. I definitely experienced other people not understanding. Just, you know, like, minimalizing my experience. "Oh, she's your mother. Of course, she loves you. Everybody's mother drives them crazy." You know, like, "You can't not speak to your mother. You know, just let bygones be bygones."

And you're right, like society, "Your mother gave birth to you. Your mother is your mother. You would not be here without your mother. You know, how could you do this to her and making her, like, poor her?" "I'm doing this to her. How horrible I must be." You know, like, these thoughts are going through my head, right? And then Mother's Day, and then observing other people's relationships with their mother. "Oh, my mom's my best friend. We have dinner every Sunday. She's always there for me." I just think I am like, that's so foreign to me.

**Rosie:** Yeah.

**Pi:** That's never been my experience. I've always been afraid of my mother. And for good reason.

**Rosie:** Yeah. And for good reason.

**Pi:** Yeah. So yes, there was guilt. And I've really questioned myself for the first year. There were times when I would feel this overwhelming urge to say, "Oh, my gosh, I'm sorry. I didn't mean it." You know, and then I think, "Well, do you really want her back in your life?" And then I'm like, "No, no, I don't. I don't."

I understand now that it is because as children, we are biologically wired to attach to our caregivers. We will die without somebody to take care of us. And so I have this recoil, and then the need to attach override. Then later in life, I notice, "Oh, I do that in relationships with other people." I'm like, "I think you're awesome." And then as soon as I get triggered, I'm like, "You're dangerous. Get away from me." It's very confusing.

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**Rosie:** It is confusing until all of that, you know, the self-regulation and the awareness. And what I want the listener to really focus on is that this is all about what I call honoring yourself.

And really, you know, how you-- you know, I think you have such a beautiful practice. This is another thing that you do that can be very helpful is like, and people can do it in their own way-- meditation, the spiritual practice of listening and being open, but listening to yourself, just like, I have to honor myself because this is my life.

And I think for me, one of the naive realizations was that not everybody's nice, not everybody's kind, and they're all different kinds of people in the world. And I still have a tendency to kind of like, give everybody the benefit of the doubt, but I've got a much higher bar now for people to reach that I'm important, you're important. Honoring yourself is important. Because otherwise, you're just living this life of everybody else but yours. Right? And I think that's why your work and my work with others is like getting back, really discovering your authentic self.

**Pi:** Yeah!

**Rosie:** Right. It's discovering really who you are. Because, you know, especially as a child, year after year, all these layers are put on top of you, defining who you were and who you weren't. "Where am I?" You're trying to now peel all those layers off and go, "Well, I'm pretty darn awesome. You know, I am a beautiful, smart, giving, caring woman, but I had to find myself." Right?

**Pi:** Yeah.

**Rosie:** And I think that is such an important journey. And it all goes back to, you know, the boundary and honoring yourself with who you are and what your own thoughts are, and setting yourself up for that as you go forward.

**Pi:** Yes, yes. I so appreciate you saying that, too. What I was thinking when you were speaking was, I was remembering how I realized that it was okay for me to have my preferences. That it was okay for me to like this and not like that. And the reason I never was able to acknowledge or liked whatever it was, this, you know, this belief from the past that only certain types of people like that, or people who do that are, you know, there is a judgment. And I was like, and then I think like, "Well, why do I believe that? Where did that-- who is this voice in my head that says these things?" Right? And then recognizing, "Oh, that's not me. That's my mother." Or "That's my father," or "That's my third-grade teacher," or, you know, whatever it was. But recognizing that, it's like, oh, it's okay for me to try things on and see if they feel good. It's okay for me to change my mind. I didn't know it was okay to change my mind until I was in my late 20s.

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**Rosie:** This is huge, you know. “It’s okay for me to have my own opinion. It’s okay to change my mind.” I mean, these are tools and strategies. These are ways to become more aware. And I’m so glad you’re sharing those examples. I mean, it’s the same thing. What’s important to me? Really knowing what your own values are. Sometimes I say, I picked up values like I was picking up seashells along the seashore. You know, you just kind of gather them. And then before you know, it’s like, well, like what you’re saying, “Is this what I want? Does this represent me or is that something I picked up along the way that’s no longer valid for me anymore?” Maybe it never was. But when you’re a child, you don’t change anything. You don’t test anything. You’re not mature enough to even view it from that way. So these are really good shares. I so appreciate this.

Tell our listener how they can find out more about you. This work you do is fabulous.

**Pi:** Thank you. Yes, you can find me on the internet. I have a website. My business is called Full Venus Rising. So you can go to [FullVenusRising.com](https://FullVenusRising.com) or you can put my name in your browser, [PiVenusWinslow.com](https://PiVenusWinslow.com), and it’ll take you right to my website.

**Rosie:** That’s great. And do you have something that they can listen to, or do you have a free gift for them that’s waiting to share your brilliance?

**Pi:** Yes, I offer a free digital copy of my book.

**Rosie:** Oh, wonderful. What’s the name of your book?

**Pi:** The name of my book is Mother Medusa: Weaving Myth, Ritual and Magic into Healing from a Narcissistic Upbringing.

**Rosie:** Oh, beautiful. That’s so beautiful. You know, one thing we’re going to talk about, maybe we can just touch about really briefly is, your name is Pi, P-I, and then Venus and Winslow. So this is a name you chose. And what prompted you to create maybe a new identity? Or can you just share a little story on that?

**Pi:** Yeah, I went through-- I’ve been through a couple of rites of passage in my life. My first big one was in my 30s. And that was when I actually started to go and get therapy. And I was diagnosed with PTSD from my childhood. And I realized that I was responsible for my life, that I could not continue to live my life blaming other people, that it was up to me to make the choices to create the life that I wanted. And so at that time, I consciously chose to leave my old identity behind me, because I didn’t want to be the victim anymore.

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**Rosie:** Interesting.

**Pi:** I didn't want to be that powerless little girl anymore who didn't know who she was, didn't know what she wanted, was looking for somebody to rescue her, and blaming everybody else in the world for anything bad that happened. Right? So I chose a name that to me, represented a new life, a new way of being, a new identity, consciousness, and power, stepping into my power.

**Rosie:** I love that.

**Pi:** Yeah. And I've always loved mythology. I've always loved-- ever since I was a little girl, I used to read about all of the Greek and Roman gods and goddesses. And so I chose Venus as my middle name because Venus is the goddess of love. And my book, I also, you know, weave in the Myth of Medusa into my heroine's story, my heroine's journey on how I moved through recovering from growing up with a narcissistic mother.

**Rosie:** Well, thank you so much for sharing that. And I think that will give, you know, food for thought inspiration to other listeners. I like how you just created that, you know, "I didn't want to have that victim identity anymore," and you change. You just never know what you're going to hear. And I love all these ideas. It's fabulous.

So speaking of Venus, the goddess of love, what does Love Is Kind mean to you?

**Pi:** Oh, love is kind. Love is kind. Love is allowing. Love is allowing everyone to be who they are and to love yourself and to have compassion for yourself. Because when you can fully love and have compassion for yourself, you can fully love and have compassion for other people, because we're so multifaceted. And when we see ourselves in other people, even in their worst behavior, and can have compassion for them, because it is a reflection of a part of us. Having that compassion for us and allowing them to be having whatever their experiences and knowing that we get to have our experience. We get to choose how to respond kindly.

**Rosie:** Beautiful. Thank you. Thank you so much for your time and for your stories and your brilliance. I really appreciate it. Thank you, Pi.

**Pi:** Thank you, Rosie. It's been a pleasure.

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That's it for today's episode, head on over to [VulnerabletoValuable.com](https://www.VulnerabletoValuable.com), and subscribe to the show. When you subscribe, you'll instantly get a special eBook.

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