

## Ep #037: Real Love is Kind – Celebrating National Love is Kind Day



**Full Episode Transcript**

**With Your Host**

**Rosie Aiello**

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This is a special edition of the Vulnerable to Valuable Podcast. I am your host, Rosie Aiello, CEO and founder of The Love Is Kind Network and women's transformation and life coach, helping women all over the world to reclaim their voice, their value, their confidence, and courage to create the productive and joyful life that they desire. And to really start to find that kind, thoughtful and healthy relationship.

Today is a special day. Today, we're going to celebrate that real love is kind. July 27<sup>th</sup> is National Love Is Kind Day, celebrated internationally. But it's called National Love Is Kind Day. I want to give you a little bit of a story behind how that came about. This is a day that my daughter and I created. And I am promoting worldwide. And why? Because I was in a very abusive, narcissistic relationship for 25 years. And my daughter grew up in it. And it was a horrible way to live. And I was married 18 years before I even knew I was in an abusive relationship. And as I speak with and work with women around the world, I hear the same story over and over. They too, had no idea what hit them. They were just in a state of confusion. They were wondering what was going on.

What I wanted most was kindness. I wanted just to be treated with kindness. I had been treated so horribly for so long. That's what I craved. So that's why the company is called The Love Is Kind Network. And why we have The Love is Kind movement of the women's Love Is Kind circle, everything is about focusing on what you want.

So today in celebration of July 27<sup>th</sup>, and I'm going to get more to that story in just a moment, is all about that. Looking forward, creating what you want, even when you think it's not possible. I'm going to give you lots of stories of how it is possible. And it can be true for you too.

We were living in the Middle East. My daughter was born overseas in the Middle East. She was born in Saudi Arabia, and her father is Lebanese. We moved to Lebanon at one point when she's about nine years old. But as she became a teenager, which is you know how teenagers are, it's their time to move away from their parents. It's like trying to search for their independence, trying so hard to become an adult, but they're still too young. It's that whole all these conflicts, these internal conflicts.

But as she moved into that, and just kept not agreeing with her father and not saying "Yes, papa" and just doing whatever he said, he started to get more and more abusive to her. But at that time, I still didn't know I was even in an abusive relationship. And it wasn't until she was 16. Yeah, she was 16 when I had read a book and discovered what we were living in. But in the Middle East, in Lebanon, custody automatically goes to the Father, and there was no way in heaven I would leave or try to leave without my daughter. Never. It didn't even cross my mind. So I figured, what's another few years when she becomes an adult. And that's what I did when she turned 18.

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She was now in the university, but she started to make some new friends. But as time passed, and she was forced to move back home because of her father, she was becoming more and more depressed. I didn't see it all. But then one day, she came to me, she was a junior. So now, she was about 20 years old, a junior at the American University of Beirut and she said, "Mama, you've got to take me away from my abusive father." And truth be told, I said, "Well, can't you wait another year before you graduate?" And she said "No." And I thought later, "Well, of course, you can't. Another year of poison? Another year of just being beaten down nonstop?" We were both suicidal, but we didn't know that about each other. I would find that out much later. I'm not going to go through the escape, but I engineered an escape that year. It took me four months to figure it out and to plan it and execute it.

And the day we arrived in the United States was July 27th. So that's why we chose July 27th as the day of our physical freedom. So it's a day for everyone to just celebrate their physical freedom from abuse, from narcissism, from toxic relationships, from controlling relationships. This is their day just to celebrate it. It's also the day to celebrate that real love is kind. Love is kind, not terrorizing.

I lived in the Middle East, I saw and experienced firsthand a lot of political terrorism, booby trap cars, bombs dropping, fires burning. I've been through it all. But nothing. None of that was as bad as a terror that was going on inside the four walls of my home, where nobody knew, right? Nobody knows what's going on, hiding in shame, literally destroying myself thinking there was no way out.

I was waiting for that moment when my daughter said, "Get me out of here." And so we did. And now it's all about creating a life that we deserve. And when I was creating that, when I was going through the escape, and I mean, when I was planning the escape and figuring out what to do, every day, I said to myself, "My daughter and I deserve a happy and joyful life. I don't have to live like a martyr. I have only one life to live and I am going to live it." I didn't know what was on the other side. But I knew that if I continued to stay in that marriage, I don't think I could have survived. I was suicidal. I remember one time when I almost did it. But I didn't because I didn't want to leave my daughter alone.

And so this is a day for you to believe. I want you to start practicing that. You deserve to be treated with kindness. And repeat: I deserve to be treated with kindness. Because you do. A relationship is to hold you up. It's not to destroy you.

So I want to offer you a poem, a pledge. We call it the Love Is Kind Pledge. And I'm going to read the pledge to you. And then I'm going to give you the link where you can get your own Love Is Kind Pledge, something that you can read every single day. Maybe you'll just read one

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sentence a day, maybe two sentences. It will be up to you. You can print it out and post it on your wall, in your bathroom, in your kitchen, maybe make several copies, to remind yourself what you deserve in this life. You are a human being and you deserve to be treated with decency.

And here's how the Love Is Kind Pledge goes.

*I am worthy. I deserve to be treated with kindness...to get the rest of the Pledge and...*

To sign the Love Is Kind Pledge and receive your personal copy, go **HERE**:

<https://Kind.LoveisKindNetwork.com/Pledge>

So if you want to take the pledge, the link will be in the show notes, but I will just give it to you as well. It's a Bit.ly account: <https://bit.ly/LIKPledge>

Don't worry about if you're listening to this on the road, or whatever, just go to the show notes and pick up that link.

You can get your own copy of the pledge and print it out. It's a beautiful copy. Print it out and start practicing. And each element of those, each sentence is what I help women work through when they don't believe that they're worthy, when they don't believe that they should be treated with kindness, when they don't feel lovable, when they don't know how to set their boundaries, when they don't know how to their true and authentic self and really what does that mean. That's more than the scope of this particular episode on Vulnerable to Valuable, but I want you to know that it is possible.

As I think of my life, I am now-- July 27th, we will be 12 years out of this abusive relationship. And I can't believe what I have created. It's been challenging, but I'd rather fight for my own life than fight to try to make somebody happy. And I'm being destroyed. He was destroying me. I was destroying myself because I didn't honor myself. That is not how to live. Your life matters. And it doesn't matter that you don't know how, or you think it's impossible. I did too. I thought it was impossible. I just thought I'm living overseas, how can I even get out of here?

I just want to keep reminding you. You deserve to be treated with kindness. And it starts by YOU being kind to yourself.

I want you to know, you're not alone. In fact, there are 1.9 billion women, ages 15 and above, because that's how the statistic was listed. 15 and above who have experienced abuse, so that doesn't even include the children, like my daughter, and maybe your children. They're not in that statistic. And it's a range because most statistics are-- if you reported it, it's usually reported with

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the physical or sexual assault. That wasn't my case, even though I had a little bit of everything. That wasn't my case, it was never reported. But you're part of that 1.9 billion.

If you want to make a change in the world, change yourself first. You owe it to yourself, you owe it to your children.

This is a worldwide movement. My dream, my goal is to impact and inspire and motivate 100 million women worldwide, which now you see is just a drop in the bucket, to release the shackles of abuse and the harder ones to release not the physical shackles, but the mental shackles. What's holding you down is your mind. To learn to believe that you deserve to be treated with kindness, that your life matters and that you can create a productive and joyful life, and that you can find a kind, thoughtful and healthy relationship.

I have become, in the time I've been here, a multi-international award-winning entrepreneur. I've co-authored books. I've written my own on guidebooks. I've created a business to help women that I am so proud of. And I am in a beautiful kind relationship.

When I first landed back in the United States, I thought all men were bad, all men were controlling, all men we're going to hurt me. But I healed. And now I can really enjoy my life. And that's what I want for you. That's what's important for you. Because you deserve this.

I want to just end with just a few other hopefully inspiring things for you so you can kind of really grasp what really love is.

Real love is kind. Love is kind, not terrorizing. It's not abusive, love is accepting. It's not humiliating, love is healthy. It's not demeaning, love is delightful. It's not screaming, love is soft-spoken. It's not insulting, love is inspirational. It's not belittling, love is big-hearted. It's not rude, love is reassuring. It's not controlling, love is considerate. It's not hurtful, love is helpful. It's not threatening, love is thoughtful. It's not scary, love is safe. And I have many more of those. But I wanted to end with that. That real love is kind.

Let's celebrate National Love Is Kind Day. Share it to your friends. Share the link to your friends so they can get their own copy and print it out. Help one another. You matter. Your life matters.

Now, let's take some action to create a kind, loving world. Because when you do what you're doing, we create kinder, intimate relationships, which you create kinder families, kinder communities and a kinder world.

That's how we're going to change. And it starts with you, my dear friend.

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This is Rosie Aiello with the Vulnerable to Valuable podcast, founder of The Love Is Kind Network, and women's life and transformation coach, to help you create a healthy relationship with yourself and with others.

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