

Ep #042: Making Decisions



Full Episode Transcript

With Your Host

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Ep #042: Decisions, Make a Decision

I noticed one thing in common about women who I've interviewed or spoken to, who are creating the life and love that they desire.

Without exception, there was an integral part of their overcoming and getting through the process.

If you are not where you want to be in your life, then stay with me.

This simple act will make all the difference in the world.

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.

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You do it all the time.

I bet you've done it at least 10 times already, if not more today.

Do you know what it is? Well, if you looked at the title of this episode, you might have figured it out. Yup, you guessed it—making decisions.

Many of your decisions are subconscious, and the actions you take are on autopilot.

You made a decision to get up today, you could have made a decision to stay in bed longer. I know some people who do that. You made a decision to make breakfast or you made a decision not to make breakfast. You decided to get dressed. You decided to brush your teeth. These are all routine things you do without consciously thinking about them. These are decisions that happen in split seconds, but they are decisions. And you made a decision that you wanted to learn how to ride a bicycle or drive a car, or to get a job or somehow make some money. Maybe you're an entrepreneur. And you know, for some of these decisions, you may have been guided by other adults in your life. But other ones, you made all by yourself, like, oh, which car to buy," or which cell phone to buy.

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You decided who would be your boyfriend or your husband. You didn't believe that you had a choice. So just remember that as an adult, we all have choices. So just become aware of it. Okay?

So you have made thousands of decisions in your life. But what I want to tell you is that there are other major decisions that you haven't made yet. And I know that, because you are not yet living the life that you truly want to live. You're not in the relationships or a relationship that you really want to have now. So I know you haven't made a decision on those. And those are the decisions that I want to talk to you today.

So I'm going to start and tell you some of my own stories, not all of them, maybe a few key ones. So what I want to tell you, this, of course, happened years ago. I was in the gym and I challenged myself on the treadmill to go faster and faster. I wanted to get better and stronger and whatever it was. It was going on in my head that said, "Okay you got to just go, go for it, Rosie."

And what happened the next day, my right hip started hurting me. And I had trouble walking, oh great. So I stopped doing the exercise because I thought, well, I must have strained my whatever is strained there, glutes or I don't know, a tendon or something. I figured I must have done something when I was trying to push myself too far. But even though I stopped, the pain never went away. It just was not going away.

And I saw a doctor who gave me a cortisone shot. But the shot did nothing. I mean, like nothing. And so the doctor was like, "Okay, I'm not really sure what's going on here." Of course, that's never a good sign if the doctor doesn't really know what it is.

So what do they do? I underwent a whole bunch of tests, blood tests, X-rays, and CT scans, and nothing showed up. And my pain and stiffness kept getting worse. It was so bizarre. It was like my hip was in a vise. And the more I used it, the tighter the vise got. So it's like, the more I walk, the less I could walk. That could even make any sense.

So I could barely walk up the stairs to my house or walk down, didn't matter. I could barely walk. I was hunched over like the Hunchback of Notre Dame. I was walking like I was 95 years old. I thought, "Oh my God," I kept thinking, "What the heck is this?"

And nearly after, I don't know, I think it was almost a year, my symptoms were just getting worse and worse, and I needed help to get out of the car like that 95-year-old weak lady. And I'll never forget that day. I mean, I can see it in my mind right now, when I was getting out of that car and I told myself, "I am not going to live the rest of my life like this."

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That was a pivotal decision I made. And I became relentless in discovering what was causing this.

And I did find a solution. My doctors work together and I received a diagnosis of fibromyalgia and was given a medication regimen. So if you know about fibromyalgia, it's not done by any of those classical tests. It's done by a clinical examination. But you have to know what you're looking for, and very few doctors do.

But let me tell you, after I started the medication, I'm not joking, within two weeks, I was walking normally again. I mean, oh my God, it felt like it was a miracle.

But here's what I want to tell you, listen up. Here's the key.

What seemed like a miracle was actually a three-step process that I led my life.

1. I acknowledged to myself that I didn't like where I was or what I was experiencing.

So the first one for you is acknowledging to yourself that you don't like where you are or what you're experiencing. You don't like that you're alone or that you're not having any kind of relationship, or that you're tired of not being able to show up, and you're full of fear. You don't like it. That's the first thing. Just acknowledge yourself.

2. Make a decision to change.

I made a decision. I am not going to live the rest of my life this way. That was a decision that I am not going to live the rest of my life that way.

3. Being totally and fully committed and determined to find or create a solution or the outcome, or the results.

And that's what I did. As soon as I made that decision, like, I'm not going to live the rest of my life like that, no way. And it's like, what that mean really is doing whatever it takes to get there, to get what you want.

I also did not allow that the solution or the outcome was not a possibility, the thought that it wasn't a possibility never entered my mind. And you'll see that I'll give you an example a little bit later on where that was also that true hardcore belief. It just didn't even enter that it wasn't a possibility.

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Now, getting to the solution was not a straight line. It wasn't just peaches and creams and "Okay, I knew." I know, but I didn't give up and that, you know, this is my life I'm talking about. This is your life. Right? This is your life. Are you going to give up on your life?

So, let me go into even a little bit further of what it means to do whatever it takes. It means researching. It means asking for help. It means investing your time, your money, and your energy. It means not stopping ever until you get what you desire.

I didn't stop ever. It means not worrying or wondering how it's going to get done.

Look, the more I research, the more that how came to be. The steps or action I took, the more the how came to be. And I mean many, many, many micro-decisions along the way.

Of course, there's no way I would have known how from the beginning. If I knew that how, I had the solution. That's why-- and this is where people trip up. They quit too soon. They don't see the solution or what they want right away, so they just give up. It's like, "Oh, it never happens for me. I'm just the exception. It happens for everybody else, but it doesn't happen for me." And that's what people will tell themselves. So are you saying that?

And then, because I was on a prescription drug, so then I said, I acknowledged myself. I didn't want to stay for the rest of my life on that prescription, on that drug, on that prescription drug that I was taking for fibromyalgia. So I decided, I'm getting off that drug and I'm going to still feel good. I'm going to see how I could feel well without the drug. And for the same process, I found the solution too.

Now, for some of you who have been following me, you know I made an international escape. So this is one of the biggest decisions I made, was executing an international escape to save my young adult daughter and myself from the abuse from her father. I never thought for one minute, not even for one split second, that the escape was not going to work. I knew it was. It just wasn't in my mind. And I never really looked at this until I came back and started doing this work. It's like God, you know I never-- I just never had a doubt that the escape wouldn't work. It just wasn't there.

So, what are you doubting that's preventing you?

So I decided, I need-- when I arrived, I decided I needed to heal from the trauma that I endured. Time, money, and energy went into that. And I acknowledged that I'm in a lifelong journey. And I've decided to be on this lifelong journey. And I love being on this lifelong journey of growing and evolving, of creating my freedom. The freedom to be me, to be 100% me.

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And that's what I want for you—to be 100% you, not hiding, not saying she can't have a relationship. That's going to be different, that I have all the bad luck, I'm never going to make it.

So what decisions are you not making? What commitment are you not doing?

When an opportunity presents itself, do you say, "I don't have the time or money"? People tell me that all the time.

To what value have you put on your life?

And this is part of the problem, my dear friend.

If you don't think you're worthy, then you won't invest in yourself. But if you don't invest in yourself, you're going to stay stuck not feeling worthy, not having relationships that you would like, not feeling confident, continuing to people please or hide your true self.

Is that the life that you really want? You want to live the rest of your life like that?

I just don't believe it. I don't believe you do.

You matter. Your life matters.

When are you going to believe that to be true? And how will you know if it's true for you?

I'll tell you, you're going to know you believe in yourself and that you really matter when you start realizing your dreams, your desires, your goals, when you start doing whatever it takes to get there. And as you saw by the steps, it doesn't mean doing it alone. In fact, you can't do it alone, because you got there, you got where you are now with what you know. You're going to know it's true when you don't give up on yourself.

And I want to tell you, I did the same process when I found the love of my life.

When I first arrived in the United States, I couldn't stand to look at the man. I didn't want to hear a man's voice. I didn't trust any man.

As I healed, as I said, "You know what, I want to share my life with somebody. I believe in me. I believe I deserve that. And I believe I deserved a kind man." And now I am with one.

So if you are not where you want to be, then what decisions and when are you going to make the decision to change your life?

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Are you going to start today? Tomorrow? Next week? Next year? In five years?

You lead your life. You make the decision about your life. Nobody else.

So if you are ready, like, “I’m doing this.”

When I couldn’t move, it’s like there’s no way in heaven I’m going to be living my life like this. No way.

You can do this!

If you want support, go to [FreedomFulfillmentQuiz.com](https://www.FreedomFulfillmentQuiz.com). Take the quiz, see where you are now, and then let’s have a chat.

Your life is too important for you to be hiding and living in fear and making excuses why you can’t.

Now it’s time to say, “Okay, Rosie. You’re right I don’t want to live the life the way I’m living now. I do matter. My life does matter.”

You got this. You deserve to be treated with kindness, and it starts with you being first kind to yourself.

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The only way to move forward and create an impact in your life is to know where you’re at, where you want to go and what’s holding you back. Get started by taking the Freedom Fulfillment quiz. In 4 short minutes, you’ll discover where you are, where you want to be, and what you’ll need to do. If you are serious about evolving into a new empowered you, who can show up as the confident woman she once was or wants to be then start now. Your life is waiting for you.

Go to: [FreedomFulfillmentQuiz.com](https://www.FreedomFulfillmentQuiz.com)

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