Ep #010: Path to Healthy Intimate Relationships



Full Episode Transcript

With Your Host

Rosie Aiello

Ep #010: Path to a Healthy Relationship

What do you get when you mix a physicist, a quantum vibrational physics researcher and a healer?

Well, for sure it's magic. You'll want to listen to find the answer, and to discover how that combination transforms people's lives, and can transform yours too when you follow our guest's strategies that you can do. Stay on for a magical ride.

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 Anastasia Chopelas gets vulnerable sharing intimate stories of how it took her 20 years before she could trust herself to be in a healthy relationship. Join us as she reveals her transformations so that she could trust herself and now enjoy a healthy, fun, kind and fulfilled relationship.

We're going to talk with Anastasia in a moment, and first a mini masterclass …

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In today's podcast, my guest and I explore one of my favorite topics—creating healthy relationships.

My guest Anastasia tells us that it took her 20 years –being single—after her multitude of narcissistic relationships both parental and intimate before she learned what healthy relationships really were ,and how she could trust herself enough to allow one in.

Like Anastasia, I thought I "knew" what a healthy relationship looked like. And the reality. I knew nothing.

For this mini masterclass, we visit Freedom Fulfillment Pillar #10, which covers both unhealthy and healthy relationship characteristics. I'm going to also give you some key questions to ask yourself when you are dating, or if you are in a relationship to reference as a double check to see where some focus might be warranted.

I find that women have a tendency to give in.

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I gave in so many times simply because I had never really looked at myself –I never asked myself what were my desires. I did some simple checklists but never looking deep into me. This was such a big mistake, and has been the biggest learning on this entire journey.

I can't count the number of times, I wanted to stop seeing a guy, but always felt bad I was going to end it. Does that sound familiar?

Who's in charge? His feelings or yours?

Watch the harmful thinking that you don't want to break up because you don't want to seem mean.

Yes, falling into the people pleasing syndrome. That people pleasing sure keeps popping up.

Most of the time, your reaction and thoughts are so automatic you don't even realize you are people pleasing. It seems normal but that's one of the ways we don't honor ourselves and end up in unhealthy relationships.

Let's change that today.

Instead, get curious about the patterns in someone's behavior. Too often we make excuses for unacceptable behaviors because other parts of the relationship are "so great." He's fun, he takes me to wonderful places. He's smart, he's the life of the party, he can be so generous (this is how my ex was) …AND THEN there's that something that you can't quite put your finger on. Something feels off, but you ignore it. I did. Over and over. I cover that in another pillar. Women are notorious for acting nice rather than meeting their own needs; they then pay the price the longer they wait.

You think that you're stuck, but the truth is that you have a choice.
Whether you are dating, or thinking about dating, or in a relationship listen to these healthy relationship characteristics I'm going to share. And if you want to see, then go to the VulnerabletoValuable.com Episode 10 to get the full transcript. See how many you are experiencing or not. Discover how many you'd like to experience. This list is not complete by any means, but will give you a good start.

I made this list, because I wanted to know what to look for.

- They apologize and change their behavior and actions to reflect taking responsibility.
- They express anger without demeaning, yelling or hitting you.

- When in an argument or conflict, they stay in the present instead of dredging up your past digressions that happened years ago. My ex would pull up stuff I did in college, 30 years ago and make it sound as if it were true.
- In the early stages of dating, they let you go at a pace that's comfortable for you. They respect your decisions when you say to slow it down, or when you say, "No, or no more, or "that's enough." This is important for women so that they feel safe. My current partner let me set the pace, or let me say it in a more empowering way, when I set the pace, he didn't pressure me or run away because it was too slow.
- They respect your boundaries, and honor and respect what's important to you.
- You both can playfully tease each other.
- There's no "testing" you or the relationship. You don't have to "prove" you care.
- Conflicts are resolved in an open, caring and supportive way for both parties.
- They don't tell you how you have to behave to make the relationship better. You each discuss your needs, and each person grows and changes to make the relationship grow and become better.
- You can be your authentic self with him without having to compromise your true essence. With my ex I twisted myself into a pretzel to please him—yep that people pleasing illness. With my love now, I get to be me. Discovering me is what the Freedom Fulfillment Pillars is about, so you can create what you want.
- They consider your perspective and opinion openly. You discuss each person's point of view and you both accept that it's okay if you disagree.

There are many kind and decent men out there. Even if they are nice and decent, they still may not be a match *for you.* That's okay! There are others.

When I talk to women, especially those 40 and over there's often a feeling of desperation. I don't want to be alone. I'm getting old. I have to find someone.

If you come from desperation, that will be the energy you'll be putting out.

So, the guy will pick up on the energy and know you'll be a good target and take advantage of that desperation. Or they'll avoid you because, you'll come across too needy. The problem, though, is that you are not aware you're doing this.

Now let's take a deeper look at you. Are any of these true for you?

- ❑ You say you want a relationship, but you avoid the dating scene.

- ❑ You make up what you think are very valid reasons why you can't date now.
- ❑ You date, but "nothing" works, so you give up.
- ❑ In a relationship, you'd tend to avoid conflict, because it's uncomfortable. You may even think you're just being nice". Not realizing it's costing you since you also avoid expressing your own needs, or what's bothering you.
- ❑ You give the other person what they need and want in the relationship, although your needs are not being fully met.
- ❑ You stay too long in a new relationship that you know is not right because it's too uncomfortable to end it.
- ❑ You give up too early in a new relationship because it's easier to avoid a conflict rather than develop the skills to resolve it.
- ❑ You do not clearly ask what you want from your partner.
- ❑ You do not honor your boundaries.
- ❑ You settle. In fact, you know you are settling—because you think you can't or don't deserve better. I can't tell how many smart women tell me this!
- ❑ You've been hurt "too many" times, so why bother yet again.
- ❑ All the "good ones" have been taken.

If you want to know where you are on this, take my complimentary quiz. In 4 short minutes you'll discover where you are, where you want to be, and what you 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: www.FreedomFulfillmentQuiz.com

Today we're going to meet Anastasia Chopelas, a 4th generation healer makes her uniquely qualified to understand the subtle energies that promote or deteriorate health and success. She transitioned from a 40-year career as a physicist/researcher studying quantum-vibrational physics to become The Scientific Healer so that you can heal, transform and shift to a healthy relationship too.

Anastasia Chopelas 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 to Anastasia Chopelas, the Scientific healer…

Let's go from Vulnerable to Valuable with Anastasia.

Rosie Aiello: Welcome, Anastasia. I am so glad you are here.

Anastasia Chopelas: Rosie, I am so delighted to be here. This is one of my favorite topics.

Rosie: You're a fourth-generation healer, that's pretty interesting. So it's kind of in your DNA?

Anastasia: It absolutely is. I think everybody has an element of it and some families will kind of suppress it and tell people, "That's not true." Like when my daughter was very young and she would see things, my ex-husband would tell her like, "What? What do you mean you see things?"

In my family, it started with my great-grandmother that we know of. We think it goes back further, but we know for sure because my great-grandmother was actually alive when I was very young. She would have these precognizant dreams and then my grandmother- So we lived in the United States and they lived in Greece, and back then, the phone calls were ridiculously expensive and you could get on for like a minute or two and you would always say, "Hello? Hello? How are you?"

Rosie: Right, and half the time trying to connect.

Anastasia: Yeah, half the time, you were just saying, "How are you?" She would always know when there was something going on at our house. Because she lived in Athens, we lived in Los Angeles, and she would call up and she goes, "I know something is going on," and that was when my mother was in the hospital with a tumor in her spinal cord, and she flew over to take care of my mom. My grandmother was 57 and my mom was 37 and I was 17. There's only 40 years between our three generations. So we knew from then and then my dad started revealing that he was a clairvoyant and could see things too, so we know from both sides of the family that this is happening and so it was kind of accepted.

When my skills started, I knew from the very beginning, from the time I was very young, that I could see things other people couldn't see, and then it really got very clear in my 40s when I got very sick and I was looking for answers. That's where I learned that I have the ability to heal, the ability to see things that other people can't see, and the ability to hear answers.

Rosie: That's fabulous. Tell our listener a little bit more about how you're helping people now, your work.

Anastasia: Right now, my work is really focused on helping a person understand that their health and well-being and their happiness is all connected on a multiple level basis - it's your spiritual, emotional, mental, physical, relational, financial. That every part is a part of the whole, you can't just separate out the individual pieces. Science is now catching up with what people have previously put in the woo-woo category or I call it the lunatic fringe and they're connecting the stuff that I could see and I could sense with real live measurements.

For example, standing up straight and taking a deep breath, just that particular motion will lower your stress hormones and raise your testosterone, which is kind of like your oomph hormone, and it will do it in a very short amount of time. This is a confidence pose and if you even smile on top of it, it makes you feel good because your body posture and your inner hormones have a two-way conversation. And if you're in a crouched position, you are in a defensive posture and your stress hormones will go up, it's like that fight or flight is turned on.

We know that all of those things are combined and what I do is my main business right now is teaching people all of that - so how to heal themselves, how to heal other people, how to move energy, how to impact their lives and all of that. I even have a two-year certification program. We've just had people graduate from that and they're moving on into their own successful careers. And then the other thing that I do is I work with people individually, and that's usually people like CEOs of big companies that don't really want to take the time to do all the other learning stuff.

Rosie: That's really fabulous. I know you've come a long way to get to this point as well. We have long journeys and yours is no different. I talk to women like yourself, like myself who have experienced, in some way, a narcissistic, controlling, demeaning, abusive relationship. Why don't you share a little bit? Now it's still multigenerational, right?

Anastasia: For me, it really starts in my childhood and I think that all of us that have had a parent that was very critical and controlling and you could call it passionate.

Rosie: Yeah, I hear you.

Anastasia: And then you move into relationships that are like that because it feels normal. You move into those relationships, but it's different when you have a parent than when you have a spouse that is like that. I had two spouses like that and then I started thinking that all men were

the same. But the second one was worse than the first because he was also an alcoholic and also the father of my two children. This difficult relationship, because it was the second one, the first one was very brief, and then because it was the second one and I really pushed through and stood it for 10 years, that this was very destructive to my own health.

So even though I ran six miles before breakfast and ate a really healthy diet and I kept my weight - it was a little less than I am now - I kept my weight down and I did all the right things, I slept, I had the career of my dreams, etc. etc. that relationship, that stress literally destroyed my health. I would have only two good hours a day, I grew a tumor, I had high blood pressure, I had high cholesterol, I had joint aches from head to toe. It was just a really difficult relationship and a really difficult time in my life and that was 26 years ago.

Rosie: It's really interesting. I think most of the women I've spoken to, myself included, have had this experience where you can't release the stress and your body is like a pressure cooker and it just builds up and if you can't release it, all the… Just being demeaned and put down and the narcissism and the controlling.

Anastasia: Yeah, and it doesn't matter how strong you are. I consider myself mentally tough. I put myself through a PhD program, I have been self-supporting since I was 17, I have raised two children on my own. I'm mentally and physically tough, but yet, this daily onslaught, and it's not like it happens every day, but you're always waiting for that other shoe to drop. You're always white-knuckling it through every day.

Rosie: Right, you're always on this hyper-alert state, so you're always in a tense state. If you're not tense, you're just a little bit less tense, but you're always in a tense state because you don't know when they're going to be screaming or when they're going to blow up, so you can never relax.

Anastasia: Yeah, you can never let your hair down because the criticism is always going to come in, you don't even know when. It could be that there's a ring of water on the countertop that you had a cup there or one of your kids left a cup there and they come in and blow up over the ring of water. It's like, really?

Rosie: There's no rhyme or reason, so then that gets you all off. I'm glad you also mentioned that you're mentally strong and it doesn't matter. So it doesn't matter how smart you are, obviously, or how mentally strong. I really appreciate you sharing that because not very many people use those words. It's like you think you're so good in so many areas of the other life that you should. We get into the shoulds - we should be strong enough, we should be able to do this, we should have figured this out - and that leads to the loss of confidence.

Anastasia: Right, and there's a lot of self-blame, like how did I get like this? I'm so smart, I'm so capable. I got straight As in school. Why didn't I get straight As in life?

Rosie: Right, I rose up the ranks in the company, why can't I rise up the ranks in my own marriage or relationship?

Anastasia: For me, it was kind of like the logical thing was that while I was in school, I got As for doing all of this stuff, so nobody ever criticized my work. I got praised whenever I did the right thing and got criticized when I did the wrong thing, but in life, you got criticized whether you did the right thing or not. And what is the right thing? Leaving the water ring on the countertop, it's not going to do anything. It's just sitting there, it will dry up, no big deal. But you get blamed for being you is what it is.

Rosie: Yeah, you get blamed for just being you but you don't realize that and so then it cuts your confidence of who you are, like you start to lose yourself. What were some of the other impacts that happened because of being in a narcissistic relationship?

Anastasia: I didn't trust myself to be in a healthy relationship. It took 20 years before I was. I would be in a relationship and I would always be on hyper-alert, waiting for… I was always looking for that one fatal flaw that would allow me to escape out of the relationship. I didn't want to sit there and fight it out again. I didn't want to go through all of that stress again, so I was basically alone for 20 years. I was raising my kids during that time.

It wasn't until I was 60 that I met my husband. And the thing is that I already knew him from high school, we dated back then, and we re-met again and now our relationship is quite good. It's mutually respectful, being kind or kind to one another, and supportive. Like I'll send a message, like something positive, and I'll write, "Yay," and he'll always text back, "Yay." Really, it's a basically upbeat relationship.

Rosie: Isn't that wonderful?

Anastasia: Yeah. And it's by no means perfect. There's no such thing as a perfect relationship, but the thing that's great about it is that it's completely negotiable. Everything is negotiable, which is something that I didn't experience before.

Rosie: It's interesting when people say it's not a perfect relationship. It's like what is the definition of perfect? I think having a healthy relationship where it's mutual, where people are kind, where you respect, where you're figuring it out together, where you're not putting somebody down. It doesn't mean that you're not human and you don't upset ever or you're never sad, that's being human as opposed to not a perfect relationship.

Anastasia: That's the thing that plagued us before. We kept getting criticized to be perfect, and instead, now we're just real.

Rosie: Now we're just real, we get to be ourselves.

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For a while, I've been sharing with you and giving mini masterclasses on the 11 Freedom Fulfillment Pillars. Now you can get the guidebook to all 11 Freedom Pillars right now. Simply go to www.VulnerabletoValuable.com and hit the subscribe button.

These are the same pillars that I followed to create my business, become an international award-winning entrepreneur, speaker, and author, find the love of my life and use to create a fulfilled life. They are the same that I use with my clients. And now they are yours free. Go to www.VulnerabletoValuable.com and subscribe.

And we're back with Anastasia Chopelas, physicist and healer.

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Rosie: What are some of the healthy characteristics that you realized now that you have this nice, healthy relationship? You named a few, but maybe just speak on them a little bit more. If somebody is looking for a healthy relationship, what should they be looking for?

Anastasia: When I mentioned before it took me 20 years of back and forth, like could this be a healthy relationship, I was always asking. It's like my scientific mind always diving into what does it feel like to be loved? What does a healthy relationship feel like? I finally figured out it just feels like when you're laying in the sun and all that warmth is coming to you. It's just the right temperature outside, it's not too hot, not too cold. It's kind of like the Goldilocks, everything is just right.

Rosie: It just feels right, right?

Anastasia: It just feels right. It doesn't have any jagged edges and the jagged edges, when they do show up, they're easily smoothed over. For me, it just felt like I remember when - the same thing still happens - when I walk in the room and my dad smiles at me and he always calls me sweetheart, "Hi, sweetheart. I love you," kind of thing. Whenever I feel that, I go, oh, that's love, and my husband does the exact same thing. He walks in, he smiles, he says, "I'm home," when he comes home from work. He says, "I'm home," and I feel like he's happy to see me and there's warmth there.

It's not a contest like I'll do this, you do that. There's no tit-for-tat. If there's something that needs doing, we do it and it's not like, "You didn't do this." If you want it done, you just do it. If there's a mess somewhere and he sees it, like I might have dropped something on the floor, he'll just bend down and pick it up. There's no argument, no nothing. It's just like this teamwork, mutual, supportive, it's not a contest. You don't have to be always vigilant, "What are they going to say now?"

Rosie: I love how you said it's just teamwork. That's the way I feel now in my relationship as well and I remember when I was married to my ex-husband, he would always say, "You're not a team player. You're not a team player." I would ask a question to get clarification about whatever, sort of like your ring of water on the counter there for you, I would ask him a question and then he would just scream at me, "You're never a team player." It was basically, "Just do what I tell you and don't ask questions," that's what it was. And now, it's so easy.

Anastasia: Yeah. If my now-husband sees the ring of water on the countertop, he would just wipe it clean and not even mention it. It's like why scream at me for something? It's just water, just wipe it up and be done with it if you don't like it.

Rosie: Such a nice relief, huh? It just feels easy.

Anastasia: My experience with somebody who accuses you of something, like my husband would say, my ex, would tell me, "You're just not trying," and my response was, "What, not trying harder to take your abuse? I'm not going to sit here and take it anymore." I always notice that the people that claim they're being abused are usually the abusers.

Rosie: Well, I don't know if that's always true, but for sure, the abuser will turn it on him and become the victim. They're very good at twisting things.

Anastasia: The victim is usually the victimizer.

Rosie: They're very clever at just twisting words, twisting situations, twisting facts.

Anastasia: And those of us that have been those situations, at least from my perspective, the people that I've helped, because I've helped a lot of people in these situations, having experienced it for decades myself and really thought about it, I started to notice this pattern. There's this pattern that comes through where the person that is trying to appease the victimizer, who claim they're the victim, the people that are trying to appease it, they just want peace, they just want to be loved, and so you do everything you can and you jump through hoops and you bend over backwards and it's never enough.

Rosie: Never enough, which is very self-defeating because that's when you think it's your fault and they make sure they'll let you know it's your fault as well. So you feel it and then they tell you.

Anastasia: Yeah, "You're just not trying hard enough."

Rosie: Right, getting back to that. So you've learned, throughout this whole process, to do some really good self-care. What are some of your strategies for taking care of yourself now?

Anastasia: Aside from I have a five-minute energy routine that I do every morning, the thing that has been really a constant in my life is exercise. I have been exercising a minimum of an hour a day since I was 14 and I have never stopped, so that's like 53 years.

Rosie: Wow, that's impressive.

Anastasia: I found that I wasn't myself without expending it because I tend to be… I'm a hyperactive person that looks calm, but my insides are always going… And my brain is always going like that, so when I go out and exercise, everything just settles down.

Rosie: What time of the day do you exercise?

Anastasia: Mornings. Right after breakfast, I go. This morning, I went out for a walk, I'm going to do some yoga and some weightlifting shortly, and then I'll go out for another walk in the evening. And then the other things that I do is I make sure that I drink plenty of water, get plenty of sleep. Last night, I must've needed it because I woke up at 8 this morning. I normally have a class that I teach at 7:30 on Wednesdays and I'm going thank goodness I didn't have a class. I wouldn't have made it. And make sure that I eat healthy, clean food every day, that I nourish myself properly and that goes a long way. Most people, when they look at me and they go, "You have good genes," I go, "No, I earned this." I'm 67, going on 68. Hard to believe, right?

Rosie: I'm just a year behind you, girl.

Anastasia: So you're Italian, right?

Rosie: I'm Italian, yes. We may have some good genes, but I do the same things as you. I nourish myself, and I use the same word. I don't say "eat," it's really about nourishing and this is one of the main things I teach in the program with the women. Self-care is at the top of the list, eating well, sleeping well, exercising. All of these things that you mentioned are just so important. Your meditation process or energy thing in the morning, whatever it is, these things are so important and, again, women have been used to putting themselves at the bottom or not even on the list. I don't even think they were on the list.

Anastasia: No, I wasn't on the list. I didn't buy myself clothes for two years because I didn't have enough money and my kids were growing. Because the child support.

Rosie: Right, that never appeared. But even in the relationship, there was no time for you. I would have a guilt trip. He would make a guilt trip, "You're leaving the house?" He bought memberships to a club, which was like five minutes from the house, but every time I wanted to go, "Why are you abandoning me?" and then, "Why are you not using the membership?"

Anastasia: No matter what you do, it's wrong.

Rosie: So it's like I don't know what I'm doing. I guess I'm staying home because you're going to scream at me if I leave.

Anastasia: I had a friend that lived a couple of blocks away and her husband and my husband were good friends and then she and I were good friends and they lived around the corner. So she would call me up and she says, "Hey, you want to come over for a cup of tea?" So I would go

over there and an hour later, he would call, "When are you coming home?" I'd say, "Where do you think I am? I'm up the street. Do you want to come over? Come over."

Rosie: They just come out of the same mold, right? They're all the same.

Anastasia: I know and then you think that all men are the same but they're not. Because what we do is we put out this beacon, we have this beacon, "Victim right here." We like to be victims because we've been a victim for so long, we forgot that we don't have to be. So then the person that is the victimizer comes and our two antennas see each other and we go, "Ah," and we attract somehow. So that's why I didn't trust myself for such a long time because I kept thinking I have my victim radiating out and everybody wants it, the people that are willing to be abusers.

And I didn't want it, it doesn't matter whether you want it or not, but if you don't release that old relationship energy, all that old relationship energy out of the body, the old feelings, like every time you think of the person in your past, do you have a bad feeling about them? As soon you have a bad feeling about them, you're sending out a signal to somebody that you could have more bad feelings about that will show up, that's the energy piece of it. That's the piece that, in my programs, I help people release.

We know from studies that our heart radiates out 20 feet. You can measure the emotions, and so if you have that pain sitting in there, there are some people that are attracted to that pain and they know that you are an easy prey for them. When you start being in your joy and when you start being confident and when you start being happy, as soon as you start being that, you radiate out this strength and they don't want that.

Rosie: Right, exactly.

Anastasia: So it's the pain that we're in, the best thing to do is to release all the pain and it's easier said than done and it's actually easier done than people think; it's not years of talk therapy. There are little energy rituals that anyone can do to release it. Every time you think of someone - here's something that I tell people all the time - every time you think of someone or you have a what I call a poopy thought, a thought that's not in your best interest - the AA people call it stinkin' thinkin' - so you just imagine that the thought is sitting out here and you just cut it like with a sword and then you just imagine it dropping into the earth away from you. That symbolism is so strong because our subconscious operates with symbols, so it's also all scientific. You just cut it and let it drop away and the more you do that, every time you think, "It's so bad that I had that horrible relationship. I'm so depressed. I'll never have a great relationship," poopy thought, cut it away, let it drop because everything is possible, a bright future is possible.

Rosie: Is possible and we're living proof of it.

Anastasia: That's right. I went through a time where it was financially very challenging. I'm out of that financial challenge, it's over. I've had some very successful years with my husband working, I'm working and bringing in and supporting a home and business and retirement and the whole thing, it's all there. And it's easy, it's not hard. It's just that during that time, it was really tough and all of that is in the past. So anything that you want to leave in the past, you can leave in the past.

Rosie: That's so wonderful to share those stories. We'll probably be wrapping up pretty soon, but I want to ask you, too, a little bit about your path to self-forgiveness. This has been I think a challenge for a lot of women and I just wanted to hear-

Anastasia: How did I forgive myself? I realized that I wasn't the only smart person, capable person that got into trouble. As soon as I realized that this is pandemic, this is especially pandemic among capable, intelligent, accomplished women, that I started to see that's a piece of life I didn't know how to deal with. They don't have schools for, you know.

Rosie: How to deal with a narcissist in a relationship. They do not.

Anastasia: Right, they do not. There is no such school and the only way we learn it is it's like sewing the parachute on the way down.

Rosie: Interesting metaphor.

Anastasia: You're either going to do splat or you're going to make it in time, right?

Rosie: I think that's helpful because women, again, there's self-blame, putting themselves down, all of these things like, "How can I just forgive myself? I should've known all that," and just to know that you're not alone. There's nothing wrong with you.

Anastasia: And the second thing is that I learned to reach out. My first step was going to Al-Anon meetings, so find a meeting with people that have similar situations. You don't want to commiserate, what you want to do is just reach out and hug somebody basically, just to feel like you're lovable. I didn't feel lovable. I thought who would want to be with me? It's like nothing could be further from the truth.

The other thing is I felt incompetent and unable to handle my own life. It turns out that not only was I capable, I basically excelled at it. And so the thing that you're thinking in your mind is not truth and it's really hard for us to see our own label because we're in the bottle and the label is out here, so somebody else needs to reflect it back to us.

Rosie: That's beautiful. How can our listener find out more about you?

Anastasia: My website, scientifichealer.com. At the very top of the page, there is a master class link where you can go in and listen to---it's a free class. It gives you tips on how to deal with difficult people, there are some stories of people just like them. One story was a woman named

Susan who had a very difficult father and was angry at him for 40 years and how it affected her life and how she dramatically changed after doing a quick relationship clearing release, releasing all the energy bonds between her and her dad. Because when you think bad thoughts like, "I'm so angry at him. I'm really angry at what he did to me. He did all of that horrible stuff," you create a link to them and you're losing your energy to them.

Rosie: Right. They were vampires in our life and now they're vampires even afterwards if we let them.

Anastasia: And so the important thing is not just forgiveness but gratitude. Being grateful they played that role in your life so you could learn the lesson to let it go and move forward because now you're so enriched, you'll never be a victim ever again.

Rosie: So true. Our final question is always what does love is kind mean to you?

Anastasia: If I think about it, what does it mean to me, when I hear the phrase, I think to myself, "Yeah, it's what it feels like." People say, "I love you," but then they're yelling at you and criticizing you. For me, that's what it feels like to me.

Rosie: Yeah, real love is kind.

Anastasia: Because we experienced other things that they say love and it's not.

Rosie: Thank you so much for sharing, for your ideas. I'm sure our listener, even if they just pick up one, my hope is that they pick up one and it helps them feel a little bit better and they can shift and move forward in their life. So thank you so much for your time.

Anastasia: You're most welcome, Rosie. It was a total delight sharing this and I do hope that people will find their kind love in their life, just like you and I have.

Rosie: Real love is kind. That's it. Thank you so much.

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